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brave refugee
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KINDA
Christmas

A large, stylized text "A BIKINI KINDA Christmas" is centered over a blurred background of ocean waves and a bright sun. The word "A" is in a small, bold, red font. "BIKINI" is in a large, bold, orange font. "KINDA" is in a large, bold, orange font. "Christmas" is in a large, cursive, orange font.

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Ashley Hart

Ashley Hart
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Happy holidays!

from the **CLEO** team

ED'S LETTER

Ahhh, party season. That treacherous time of year packed with painful high-heel blisters, late-night kebabs with too much garlic sauce and inappropriate – *did I really do that?* – kisses. And if there's one thing that the CLEO team is good at, it's all of the above. But what I like to think we're also good at is creating a magazine you'll love. This month, we've got two very exciting announcements for you... Firstly, our 2015 CLEO Bachelor of the Year, Matt Buntine! You chose him out of our top 30 finalists, and I can only imagine that it's because this GWS Giants player is a damn-nice guy, a skilled sportsman and an old-school gentleman. I guess his rippling abs also helped? Read all about him on page 24. Thank you to the peeps at Roadshow and *Magic Mike XXL* for being the perfect sponsor this year. Now secondly, this month, we're launching the CLEO Equality Awards, where we shine a light on the men and women who made waves over the past 12 months in the name of equality. And this year was a great year for it, so we may have missed some of your favourites – please let us know and we will do a shout-out to them on social media. Hopefully our awards will inspire you – I know they have inspired me.

Bring on 2016!

Lucy E. Cousins

Lucy E. Cousins
Editor-in-chief
[@lucyecousins](http://lucyecousins)



“Overhead in the CLEO office... (Yes, these are actual quotes. Don't ask.)”

I went as a pumpkin. No wonder I never had a boyfriend.

I need to find a dominatrix witch!

That one with the nose ring can marry me, if he likes.

I had a dream I was married to Nick Jonas.

I googled 'male stripper mechanical bull' and I can't even.

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PLUS

You can win one of 30 colette by colette hayman prize packs! Hit up cleo.com.au, enter your details and in 25 words or less, answer the following question: *What accessory trend are you loving this summer and why?*



Terms and conditions: Competition commences November 23, 2015 and closes 11.59pm (AEDT) December 20, 2015. Open to Australian residents aged 18 years and over. One entry permitted per person. This is a game of skill, not a game of chance. For full terms and conditions, go to cleo.com.au. Please see bauer-media.com.au/privacy for location for the location of Bauer Media's privacy notice. If you don't want your information given to any organisation not associated with this promotion, please indicate this as per the Bauer Media Privacy Policy. The Promoter is Bauer Media Pty Ltd (ABN 18 053 273 546). Offer valid for redemption until December 31, 2015. Offer open to Australian residents. Not to be used with any other offer or redeemable for cash. One redemption of offer per customer. Customer must be able to present and surrender this page in-store to redeem offer or go to colettehayman.com.au and enter the code word 'CLEO30' to redeem offer. The offer is made by each participating store or service provider and not by Bauer Media Pty Ltd, the publisher of CLEO magazine. Bauer Media will not be held liable for any failure of a participating store to honour or fulfil the offer. Please see colettehayman.com.au for Privacy Policy and full terms and conditions. The Promoter is CBCH AUSTRALIA PTY LTD (ABN 45 137 924 791).

STREET STYLE, FASHION PANEL
AND BEAUTY NEWS

Trends

Take Note

This season smells of classic Hollywood glamour, with beauties Emily Ratajkowski and Bella Hadid showing off movie star-gone-grunge looks in Marc Jacobs' Spring '16 runway show. Oh, and then there's the recent release of Jacobs' new fragrance, Decadence. Designed to reflect his signature bag shape (chain strap and all), it's eau too cute. Time to start dropping some subtle hints to Santa, we think... ☺

Marc Jacobs Decadence
EDP 50ml, \$150.





LOVE THEIR FRESH FLUSH

It's time to get a rosy glow with a bright blush to complement your flawless summer skin. Apply all the way up to the temple bone (yes, that far) to define cheeks and add the peachy hue that Demi and Chrissy both own. This blush (below) by ZOEVA, a new range to hit Sephora's shelves, looks good on all skin tones thanks to its luminous added sparkle. **ZOEVA Luxe Color Blush in Last Love, \$17.**

DEMI LOVATO



CHRISSEY TEIGEN



BEAUTY FLASH

Achieve the most natural-looking liner by putting mascara on first. It will let you see where you need definition (between lashes, for example). Felt-tip liquid liners are easiest for dotting on small spaces.

Volume hacks

Velcro rollers Like push-up bras for your hair, rollers lift flat-as-a-pancake strands to new heights. Squirt a bit of mousse into damp hair, roll them in and set with heat or let your hair air-dry for 20 minutes. Remove and finger-comb.

The right prods Texture spray is great for that deconstructed look. Apply, then blow dry, and tease at the crown and pony.

Curling iron Supersize your curly hair by spiral-wrapping one-inch sections around a wide-barrel curling iron. Then open them up by combing through the loops, root to tip. The result? Huge curls with killer definition.

Modern perm The new versions are softer, looser and much more chic than the crunchy ringlet styles that ruled the '80s.



Zest fest

Our fave tangy fruits are squeezing their way into the beauty world. There are citric-based oils in Kiehl's Daily Reviving Concentrate, \$61 (1), a medley of grapefruit, lemon and orange in L'Occitane Verveine Agrumes EDT 100ml, \$72 (2), and green lemon in Sanctuary Spa Green Lemon & Orange Blossom Body Butter, \$15.99 (3). One word: refreshing.

#onlyinsummer

You'll get away with these during the sunny season...

- 1 Use your daily sunscreen as a fragrance. Our favourite is the yummy scented **Le Tan Coconut Spray, SPF 50+, \$16.99.**
- 2 Declare your sweaty self 'dewy'.
- 3 Put on zero make-up... or wear make-up so pastel it makes you look like a Monet masterpiece.
- 4 Trade in your trusty hair dryer for a super-colourful bandana.
- 5 Match your lip gloss to your strawberry daiquiri. Try **Face Of Australia Lip Paint Super Intense Colour, \$6.95.**





BEAUTY BITES

with Jessica Mauboy

We caught up with the 26-year-old singer, who recently released a pineapple and rose fragrance.

What's the inspiration behind your new fragrance?

"It's made of all the key smells that I remember growing up with in Darwin.

My grandmother used to make rosewater sponge cake and Dad was always cutting pineapples in the sun on the farm. My fragrance is a mix of the two, bringing my childhood back to life again."

What's your ultimate summer beauty tip?

"Avoid wearing make-up. All I wear is Maybelline's 3D mascara [Maybelline NY Illegal Length Mascara, \$18.50]. It's one of my favourite products if I just want to have a 'no make-up' kinda day. I also love coconut oil. The smell is so calming and it's a beautiful moisturiser."

How do you look after your skin?

"I wash my face with HydroPeptide.

It really works for my skin as it is anti-wrinkle and a make-up face wash, which is perfect as I'm constantly wearing make-up on set."

**Jessica Mauboy Be Beautiful
EDT 50ml, \$24.95.**

WORDS SARAH BROOKS-WILSON, PHOTOGRAPHY GETTY IMAGES, WIREIMAGE

OH NO, IT'S A WRINKLE

Hey there, first brush with mortality. Here's how to deal.

RELAX

Stress is linked to wrinkle formation, so now is the time to get your Om on. Be a Zen Hen and meditate your way out of hectic situations.

HYDRATE

Moisturiser smooths skin and makes wrinkles less obvious. Make friends with pore refiners.

TIGHTEN UP

Try a firming treatment with peptides to plump up your skin.

GET PERSPECTIVE

A few laugh lines and eye crinkles add character (and odds are, only you will really notice them).

SURF'S UP

Always end up with a colour fade in summer? If you don't protect your hair from the sun, salt and chlorine, you'll run the risk of discolouration. Traditional remedies, such as rinsing with lemon or vinegar, will work wonders, but to effectively combat colour fade, use a protective veil in your hair when you're at the beach, then moisturise with a repair mask after. We're loving this Swedish duo: **Sachajuan**

Hair In The Sun and **Hair After The Sun**, \$35 each.



The peel-good factor

The best way to bring dull skin back to life is with a peel. Here's our round-up of the best on the shelves.



1 Ella Baché Resurfacing Peel, \$82.

Mimicking a salon peel, this wash-off three- to five-minute treatment uses apple vinegar and hydroxy acids to even out the complexion. Do the time, then rinse off.

2 The Beauty Chef Probiotic Skin Refiner, \$69.95.

Get eco-friendly with this product that uses lactic acid from bio-fermentation to exfoliate the skin. Wipe over your face after cleansing.

3 Philosophy's Microdelivery Overnight Anti-Aging Peel, \$110.

An overnight treatment that combines the micro-exfoliation of a peel and the restorative benefits of a soothing sleep mask. Slap on and snooze.

Q&A

So many stylists have haircare lines. Are they better than the pharmacy stuff? *Melanie, Qld*

Not necessarily, although we are loving **Kevin.Murphy Powder.Puff**, \$33.95. It's the fragrance oils in pro lines like this that make your hair smell as luxurious as an in-salon treatment. Then there's the cool factor; you're in good company with the salon's celeb clients. Still, nothing gets your hair as smooth as Selena Gomez' than Pantene or TRESemmé. Our advice? Think of your hair stash like your jeans – mix and match (designer one day, Levi's the next).



SELENA GOMEZ



Got a burning beauty question? Email us at cleo@bauermedia.com.au

Walk the line

We have to thank the international fashion houses' resort collections for reinvigorating stripes for summer 15/16. These cool, bright pieces have us – along with New York's style set – lusting over the humble transeasonal pattern all over again.



1 **Pants**, \$160, Bec & Bridge. 2 **Skirt**, \$270, Penny Sage. 3 **Skirt**, \$79.95, Alice In The Eve @ General Pants Co. 4 **Top**, \$329, Lacoste. 5 **Dress**, \$99.95, The Fifth Label.



Fresh outta Bondi

This season, the hottest newbies on Sydney's seaside fashion scene are Pacifico Optical and Koa The Label, both nailing the quintessential Bondi basics (sunnies and bikinis, respectively). Some of Pacifico's frame collections are named after streets in the area, while Koa's killer cuts are completely Australian made.



Bikini top, \$99.95, and **bottoms**, \$79.95, Koa The Label.



Sunglasses, \$159, Pacifico Optical.

Fun bags

It's the pop-culture trend keeping Andy Warhol's memory burning bright. Seen on the Moschino runway in Milan, everything from traffic cones to fast-food joints have been adapted into high fashion.



Boom clutch, \$119, Olga Berg. **Taxi bag**, \$148, Boden.



EMPOWERING THE ENDANGERED

Philanthropic accessories label TOMS is once again lending a helping hand – this time by providing much-needed financial support to the National Geographic Big Cats Initiative through the sale of these printed canvas classics. TOMS Big Cats Collection, from \$85, at wildlifewarriors.org.au.



Curated style

Shopping is hard; there are trillions of things to choose from, which is quite possibly the reason that we wear the same five things every day. Luckily, the clever folk at Glue Store have created special curated concept stores across Oz and online. The collections include a selection of the best pieces by designers such as Bec & Bridge, Talulah and Cameo. Saturday night drinks, sorted.

1 Skirt, \$189.95, Cameo @ Glue Store. **2 Dress**, \$189.95, Cameo @ Glue Store. **3 Dress**, \$359.95, Zoe Karssen.



STEAL HER STYLE

BrIT girl Alexa Chung provides endless sartorial inspo whenever she hits the streets. Case in point: this breezy on-the-go get-up. Sneakers and wintry dark florals are offset with punchy accessories and neon nails.

1 Jacket, \$54.95, Forever 21. **2 Bag**, \$79.95, Zara. **3 Sneakers**, \$100, Converse. **4 Dress**, \$109.95, MinkPink.



T-shirt and shorts, \$49.95 for set.

POPPING UP

Gorman, the brightest kid on the fashion block, has released a capsule collection featuring Brit artist Camille Walala.

Crop tank, \$149, with skirt, \$199, and (right) **mini dress**, \$269.





DARING

For the bold eccentric, this hot pair of marble-printed platforms are unlike any heel out there and deserve an equally unique outfit. Mix up trends with ease and fun by adding in khaki and denim elements.

1 Bracelets, \$9.95 each, Eb & Ive.
2 Jacket, \$385, 7 For All Mankind.
3 Top, \$44, River Island.
4 Shorts, \$89.95, Witchery.
5 Bag, \$39.99, Forever New.
6 Sunglasses, \$19.95, Colette by Colette Hayman.
7 Platforms, \$285, Senso.



HOW TO WEAR PLATFORMS

Forget disco balls and glitter, NYC's street-stylers know how to make these soles work with any trend.



SPORTS GIRL

Total trend addicts know how to embrace a sporty flat like no other – pared back with fashlet pieces, like a cap, neoprene tote, entertaining frames and socks if you dare.

1 Bag, \$329, Deadly Ponies.
2 Shirt dress, \$199.99, Thurley.
3 Sunglasses, \$295, Karen Walker Eyewear.
4 Platforms, \$83, ASOS.
5 Earrings, \$49, Limedrop.
6 Cap, \$80, G-Star Raw.



MODERN PREPSTER

Lovers of tailoring and pinstripes, this is how to rock the platy. A combo of mixed fine jewels and punchy tones will lift a monochromatic outfit into fresh territory – perfect for a summer soirée.

1 Skirt, \$79.95, The Fifth Label.
2 Necklace, \$249, Najo.
3 Bodice, \$119.95, Keepsake.
4 Sunglasses, \$38, ASOS.
5 Platforms, \$89, ASOS.
6 Pouch, \$39.95, Country Road.



1 Sunglasses, \$59.95, Le Specs. **2** Bracelets, \$125 each, Coordinates Collection. **3** Platforms, \$84, Missguided. **4** Earrings, \$99, Najo. **5** Jacket, \$249.95, Sportsgirl. **6** Top, \$169, IRO @ Order Of Style. **7** Shorts, \$30, Boohoo.

COOLVILLE

Plain tees and denim shorts are the wardrobe staple of any bona fide cool girl. Add an embellished jacket, star-spangled platforms and effortlessly boho bling and you've totally nailed it.



CHILLER

Not a girlygirl? You can easily rock a pair of platforms without compromising your tomboy-cool. Keep clothing tonal to match your shoes, adding punches of colour, like red, to bring some sexiness.

1 Watch, \$179, Fossil. **2** Vest, \$59.95, H&M. **3** Top, \$150, Hansen & Gretel. **4** Jeans, \$129.95, Rolla's. **5** Sunglasses, \$290, Sunday Somewhere. **6** Platforms, \$149.95, Mollini @ Styletread. **7** Earrings, \$143, Pushmataaha. **8** Bag, \$279, Sancia.



FASH FORWARD

Indigo denim and very simple, textural elements, like straw or rope, will take your look next-level stylish all summer long. Keep vibing the '70s – and still look sleek – by repping bright burnt-orange platforms with your go-to closet classics.

1 Top, \$210, Tessa Brasier. **2** Skirt, \$139.95, Finders Keepers. **3** Sunglasses, \$31, ASOS. **4** Platforms, \$179, Country Road. **5** Earrings, \$66, Solis. **6** Hat, \$79.95, Country Road. **7** Clutch, \$169, Marimekko.

CELEB TREND



KAROLÍNA KURKOVÁ

RILEY KEOUGH

KELLY ROWLAND

KYLY: "There are dramatic sleeves and then there are I'm-learning-to-fly sleeves. I think this look is done best when it's the only feature of the outfit – otherwise, similar to Kelly Rowland, you may end up with a little too much material. One celeb who got it right is Maia Mitchell; the cuteness and bronzed long-leg look of her outfit allows for extra movement without allowing it to become really overpowering."

THE PANEL



KYLY CLARKE
TV personality and founder of Lyfestyled.



OLIVIA PHYLAND
Co-host of *The Loop*, Channel 11.



ALISSA THOMAS
CLEO's fashion director, also seen on Channel 9's *Mornings*.

DRAMATIC SLEEVES

ALISSA: "Note to arms: sleeves as you know them are over and have been launched into the stratosphere of high 'farrshion'. The flared sleeve, made famous here in Australia by designer Kym Ellery, could be a defining fashion characteristic of the twenty-teens. Embracing the modern-structure trend, there is something about this I love. Elizabeth Olsen is in for the win by keeping colours classic and making her sleeves the hero."



ELIZABETH OLSEN

MAIA MITCHELL

ELIZABETH DEBICKI

OLIVIA: "Flares are back, big time – and I don't just mean on those bell-bottom jeans (hello, arms). My personal style is boho, so I dig a good floaty-sleeve situation, but you need to know your limits. Maia Mitchell took the look a bit far, but she has won me back with the fact that she's wearing a cute, lacy white jumpsuit. Hot!"

REPORT: Yay or nay?

ALISSA: "The other day, I announced to all of my colleagues that summer 2016 will mark the start of me wearing trainers with everything at all times. I've since been investing in every kind of street-sport shoe, skipping and jumping everywhere over the recurrence of this '90s trend. If anyone has a problem with my brand-new look, take it up with my cool-kicks kweens, Lily, Kendall and Kylie."



DRESSED-UP TRAINERS

COMPILED BY ALISSA THOMAS. PHOTOGRAPHY GETTY IMAGES, REX

KYLIE: "Yes, I'm loving the reinvention of taking casual to a sophisticated level and bringing comfort back – but if you get it wrong by under-dressing your outfit with the wrong sneaker, you could be wasting your fashion power. I'm not sure that Adriana Lima should be donning sneakers with such an elegant gown, but Lily Aldridge has pulled off the look with a simple dress. Kylie Jenner gets top points for rocking her kicks with a sophisticated tunic and some pretty banging sunglasses."

OLIVIA: "This new trend is right up my alley. I'm not a huge fan of high heels and I like to live in my activewear; you want to always be comfy in case you ever get the urge to bust out an impromptu dance move. But while I'm fan-girling hard on the trend, Rita Ora is not winning me over." ☚

MEET OUR 2015
CLEO BACHELOR

WHAT IT TAKES TO BE A CLEO BACHELOR



10% Makes us
weak at the knees

10% Tickets to the gun show

20% Babe with a brain

10%
Curls get the girls

10%

Serious pecs appeal

10% Ab candy

10% Eyes on the thighs

He may describe himself as a "prawn", but GWS Giants player Matt Buntine towered over the competition to take out this year's Bachelor crown. Here's everything you need to know about Australia's most eligible dude.

20%

Ball-handling skills

When Matt Buntine arrived at CLEO's *Magic Mike XXL*-themed Bachelor of the Year shoot, the down-to-earth AFL player surveyed the hordes of wet and shirtless babes and had the following to say. "I don't really know why I'm here. Maybe I was the last choice... the pity vote?"

As soon as Matt whipped his shirt off to get doused in water obligingly, it became evident a) why he was there and b) that he wasn't about to become anyone's pity vote. Three words: those abs, though.

But it was when we actually sat and chatted to Matt – while his shirt was still on, unfortunately – that we came over all *heart eyes*.

The 22-year-old hottie may be a professional athlete, but footy isn't the only thing he cares about. When he's not chasing a red ball and a bunch of fit blokes around Australia's stadiums, you'll find him checking out the local haunts to find the best and most photogenic meals for his blog/Insta account @wheredyoudrathereat. "It started with [fellow players] Tim Mohr, Adam Kennedy and myself wanting to try a few different spots in Sydney, seeing that we've been here four years and haven't ventured out too much," the Melbourne native says. But his food blog has other benefits aside from the culinary ones. "Footy can get me wound up; it's great to escape. I pick my dining company very well and I have a good time," he says of his delicious hobby. "I've found [the blog] helped me a lot, I'm... calmer and less anxious, and not playing the game [in my mind] before we play it."

Off the field and out of the cafe, Matt is also studying to be a maths teacher and somehow manages to find time to work on his guitar skills, too. "I try to jam a little bit with some of my teammates... I'm a work in progress," he laughs. "I love music, and the escape it brings." And as for being picked for the Bachelor Top 30, Matt found it all "a little bit weird" – so no, you're not going to find him flexing his guns in front of the mirror anytime soon. "My friends always call me a prawn, cos that's the reality. Not a good head but a delicious body," he jokes. "I'm a real underdog in the competition. Hopefully people think that my eyes and smile aren't too bad – and I'm trying to do the man bun proud too!" Bravo, man bun, bravo. ☀

How to date a Bachelor

WE FOUND OUT WHAT MAKES MATT TICK

HOW YOU SHOULD BE...

Keep it real. "You know, you don't have to be romantic... just really engaged and genuine."

WHAT YOU'LL EAT...

Breakfast at Cuckoo Callay in Sydney's cool suburb of Newtown. "It's just the pick of the bunch!"

WHAT YOU'LL TALK ABOUT...

Japan! "I learnt Japanese all through high school, so I hope to head to Tokyo and immerse myself in their culture. It's beautiful."

WHAT YOU'LL DO...

Don't think that he'll make you kick a footy around on your first date. "An active attitude [is great]... even if a girl is uncoordinated, it's funny to look at and spices up your life in that way! But [being super-sporty] is definitely not the be all and end all in a woman."

WHAT YOU'LL WATCH...

Romantic comedies and chick flicks! "I love *Friends With Benefits* – Justin Timberlake kills it in that. Otherwise, an old classic is *Notting Hill*; it's Hugh Grant at his finest!"



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Size? That isn't the *half* of it



What we really want from inside a man's pants has nothing to do with centimetres, says

Gemma Askham.

Imagine, for one slightly pornographic second, that Instagram did penises. And because there's a hashtag for everything, there'd be #peenspo, which might accompany the following items: a donkey, a python, Jon Hamm.

Let me clarify that the above list isn't my personal preference (nothing with hooves is ever coming anywhere near me). It's the conclusion of many serious conversations with sexologists who've confessed the same thing: the number one concern of their male clients is penis size. Apparently, like a hungover trip to Macca's, everyone wants to go large.

Well, men do, that is. Because what many women actually want from a penis bears little relationship to how far it swings down a metre stick. The best 'package deal' follows the rules. Not rulers. Try some of these on for size:

1 It doesn't bode well to come in without knocking first.

A visit from the penis is like a visit from your parents. You definitely like to spend time together, but you'd much rather they called first so you could prepare for their arrival rather than have them just barge through your front door unannounced. Forewarned, foreplay... for reals.

2 It only very occasionally has the stamina of a horse.

The prevailing idea is that good sex is long sex. Truth bomb: I don't like doing anything for hours. Hey, eating chocolate could be capped at the 20-minute mark in my opinion. When a man brags about sexual endurance, I only hear 'erosion'.

3 It knows that its existence is part of a much bigger event.

In theatre terms, the penis has a lead role but it's not the entire play. Having hands doesn't automatically make you good at basketball, so owning a penis doesn't make someone good at sex. That's the job of rhythm and attentiveness, both of which come from the person attached to the phallus, irrespective of its length.

4 It needs to know where it's going before it heads out.

Think of a travel itinerary. Well, the penis has a final destination it wants to get to. We understand its rush – our vaginas are renowned for their lovely climate and friendly locals – but sometimes we want to stop at Duty Free. Or buy a book. In short, sometimes our clitoris just wants to put her needs first while the penis waits patiently in the boarding queue.

5 Staring defeat right in the eye, it can still accept it gratuitously.

For a multitude of reasons (or none at all) genitals misbehave. And it makes no difference if the droop happens when it's 10 or 30cm long; it's how the situation is dealt with. Most women have found reaching orgasms to be an elusive goal at some point. Few of us deal with it by sulking for hours and repeating 'it's never happened before'. It has, and it will again.

6 It's not exactly hung up on being massive in, err, length or width.

When I think about fun things that could happen to my vagina, the word massive has never, ever featured. So when I hear men joking (read: weeping with envy) about the one friend they nickname The Colossus, I want to say, guys, relax. As big a deal as you think your penis is, it's only a very small component of what a woman finds interesting about you. Yes, *small*. Now, read the rules above... ☺



These are just some of the sex lessons Gemma has learnt the hard way. Follow her on Instagram @gemmaaskham.

Sex tips from nannas

Forget croquet, cross-stitch and crosswords. These famous seniors know good sex.



Find time

"We make love all the time. I take breaks from my chat show to have sex." *Sharon Osbourne, 63, talk-show host and satisfied wife of Ozzy.*

It ain't a performance

"Men think they have to perform, but it's much better if they don't [...] There's nothing better to keep 'it' from coming up, thinking, 'Oh my god, I have to perform', rather than just getting into it slowly." *Jane Fonda, 77, actress, and the definition of fitspo in the '80s.*

OWN YOUR SEXUALITY

"I'm not afraid of my femininity and I'm not afraid of my sexuality." Goldie Hawn, 70, the original rom-com queen.

LAUGH – it's not all serious

"I once asked my husband, 'Why don't you call out my name when we're making love?' [He answered:] 'Because I don't want to wake you up.'" The late Joan Rivers, talk-show host and comedian.

Keep it clean

"Always take a bath before and after [sex], and don't forget to brush your teeth." Martha Stewart, 74, clean-cut American business woman, writer and television personality with an equally clean-cut approach to sexy times.

Take it slow

"[Sex] was hot and spicy. Was it the same as younger age sex? No, but in some ways it was better. A quickie for us took an hour!" Joan Price, 71, author of *Naked At Our Age* on falling in love at 57 at the Let's Talk About Sex Conference.

Keep it private

"Avoid tweeting any photos of your private parts." Betty White, 93, The Golder Girls alumni and the funniest nan alive.

Visualise

"If you're bored with your partner, just imagine Bradley Cooper on top of you – that should do the trick." Jenny McCarthy, 43, comedian who became a young step-grandmother at age 37.

Make a friend with benefits

"I still feel like I'm 28. There's no age limit on the enjoyment of sex. It keeps getting better ... You learn to do things with more experience, intelligence and the ability to choose more wisely. I actually have a friend with benefits." Florence Henderson, 81, Mamma Brady on *The Brady Bunch*, and her still-active sex life.

Do flaunt it

"Sex appeal is **50%** what you've got

and **50%**

what people *think* you've got."

Sophia Loren, 81, Italian film actress and '60s Hollywood icon.

Don't be ashamed

"My mother taught me to not be afraid or ashamed of sex."

Diane von Furstenberg, 68, fashion designer.

It doesn't end

"What I know now that I didn't know when I was 15 is how good and joyful sex can be; how intimate relationships can take many different forms and how older women – and men – are still people with the desires they had when they were young and still hanker for romance, enjoy flirting and sex." Ita Buttrose, 73, CLEO's founding editor at the Let's Talk About Sex Conference. ☐

Vegan Lovin'

Are you currently dating (or considering dating) a vegan like **Toby McCasker**? Here's how not to go completely insane, and enjoy a few perks while you're at it.



Swiped 'heck yes' on a vegan? Well, you've found someone who very deeply gives a sh*t. And that's good, right? No-one turns their life to tofu in a meat eater's world just for kicks. Sure, for the first few months you'll have to push through and persevere with your mate's penchant for asking the waiter a million questions and very specifically modifying dishes, but there's also a lot about veganism that encourages certain desirable qualities, like the following:

1 Vegans are not typically overweight or out of shape, if that's a concern. The myth we're all pale 'n' weedy is busted by the fact there's, oh, I don't know, a *tonne* of everything a body needs in a bunch of different vegetables. Did you know, beef has on average seven grams of protein per ounce. Broccoli has more per calorie, spinach totals five grams per cup (and is also loaded with iron and vitamin C), and there's about 10 grams in two tablespoons of hemp seeds. If that sounds good, get ready for more truths: vegan cooking can

honestly be some of the most inventive, healthy and straight-up delicious meals around. Which brings us to the fact that you should definitely...

2 Expect tasty (and cruelty-free) culinary pampering as most of us vegans are obligated to learn how to cook. And no, it won't be all tofu and lentils. Mock meats made from soy-based analogues can do a fantastic job of mimicking the real thing (and some even find it preferable), while aromatic curries cooked up with coconut milk and rice noodles never disappoint. Then there's vegan ice cream and dark chocolate – the former of which is entirely indistinguishable from the real thing.

3 One of the coolest things about getting to know someone at the beginning of a relationship is all of the new things you discover, and with a vegan, I can say that it'll most likely include sitting through the doco *Earthlings* at least once. For the uninitiated, the film is an exposé on how animals are used for food and clothing. Warning: it will invoke tears.

4 You're hanging out with someone who probably loves animals. They are just as likely, then, to own a cute-as-rescue pet. Or even five. There's no limit. All this adorable animal action in real life will save you from wasted hours scrolling Instagram for those funny cat memes.

5 Your special vegan friend is also likely to be environmentally responsible and conscientious. Don't be surprised to find out that the cups in their home actually used to be jars, and tonight's vegan wine must be drunk now because it expires faster than usual for lack of preservative nasties. But most importantly, they're likely to be seriously decent humans with a high level of compassion and empathy, two things that are a good foundation for any fledgling relationship. ☚



Toby McCasker is a fringe journalist too adventurous for his own good. You can get in touch with him on Instagram and Twitter @jane_tobes.



Just Me
and
the Sea

Monyca Eleogram | Professional Surfer | Byron Bay, Australia | 28°38'17.2" S, 153°37'40.1" E | #ROXYREADY

 ROXY

Have yourself a very *selfish* Christmas

Channelling your inner-Scrooge and looking out for Number One is actually the best way to beat stress this festive season.

On the first day of Christmas, the gift I gave to me: the Christmas of my dreams.
Christmas is a day spent with family, which means placating parents, walking on eggshells, copping wicked side-eye when you refill your wine glass for the sixth time, and even tears – depending on how those first three things pan out. The best way to not get your Bonds in a bunch is to have yourself a Mockmas! Set aside a day to create the Christmas you really want, whether that means spending it with your boyfriend, girlfriend, or those weirdos at your local. Mockmas is your day and it's about all the things regular Christmas is about, minus the stress that comes with shoving everyone you're related to in one room together.

On the second day of Christmas, the gift I gave to me: some serious mattress time.
There are two good reasons to hit the sheets for some quality time this festive season. Firstly, naps are a gift from the gods. The gods, we tell you. Secondly, sex is the best stress reduction. Just one little O can release more happy chemicals (like oxytocin and serotonin) than all the chocolate in Wonka's warehouse, while napping for just 30 minutes can make you more productive for the rest of the day. So, whichever you choose, you're winning the Holiday Olympics.

On the third day of Christmas, the gift I gave to me: the right to veto.
One of the best things you can do during Christmas time is to remember that you don't have to say yes to

everything. After all, "yes" can result in damage to your wallet, liver, mental state and even your relationship with your boss... depending on how seriously you get involved in truth or dare at the work Christmas party (just don't do it). Lying about why you can't come to an event is stressful in itself, so simply say you've already committed to another event and leave out the awkward made-up details. If Netflix and chill doesn't count as an event, we don't know what does!

On the fourth day of Christmas, the gift I gave to me: gifts for others, actually.
Mum, Dad, Gran, the girl whose cubicle is next to your cubicle... buying presents feels like ticking off the world's most expensive to-do list. But it's actually great for your emotional health. Gifting seems selfless, but the act of giving is also one

of getting. For example: you buy your bestie a beach towel for \$50 – one of those round ones, because rectangular ones are so 2014 – and she loves it. She gets a good \$40 worth of pleasure out of it before New Year's even rolls around, and her raving about it gives you, say, \$15 worth of warm and fuzzies. Now, that's a \$55 "good feeling" gain on a \$50 financial investment! See? Putting in a little thought means you come out on top in the world of emotion economy.

On the fifth day of Christmas, the gift I gave to me: shaking my money-maker.
Fact: nothing is more stressful than trying to find a spot in a shopping centre car park during December. Would you voluntarily stick your genitals directly into a beehive? Because parking comes in at the same level on the stress-o-meter. Instead, beat the anxiety and score fresh air, sunlight and brisk exercise by walking literally everywhere. And if you do require a pair of wheels during the holidays, there are a whole bunch of ways to reduce the impact on your mental health. Shop at the quieter times, catch trains or buses instead of driving, and break up the trip with a Nutella milkshake in the middle to help smash the stress monster.

On the sixth day of Christmas, the gift I gave to me: a little horizon-broadening.
Whether you're living away from loved ones or just feeling socially detached because everyone else is so intensely busy with theirs, the holiday season can be a little lonely at times. On the flipside, this makes it the ideal time of year to



“Turn off your phone and smell the pinecones, ladies. Those festive films aren't going to watch themselves.”

sign up for a class: art, language, sport, Christmas-jumper knitting, craft beer-brewing – hey, whatever blows your hair back. Not only will you beat the New Year's resolution crowd, you'll expand your social circle. Besides, more than a few people have met their future husband in French class... *Oui oui!*

On the seventh day of Christmas, the gift I gave to me: a chance to skip out of town without a second glance.

Christmas is a time to think about other people. But, just quietly, it's also the time to be totally and utterly selfish and book your next overseas trip. Anticipation is everything, and the best way to avoid the anticlimax of back-to-reality January blues is to have a sweet holiday to look forward to. Only one question remains... Northern or Southern hemisphere?

On the eighth day of Christmas, the gift I gave to me: ditching those skinny jeans I'll never fit into again.

A new year means a new wardrobe, and that starts with getting rid of those depressing old clothes that just don't fit anymore. Your closet will feel fresh come January 1, and the Boxing Day sales will help you restock on basics which may have become a little threadbare (one can only wear one's fave white tee and denim cut-offs before they become even dustier than a Sunday morning). Because clutter causes stress and stress can cause an increase in the stress hormone cortisol, which may lead to heightened blood pressure as well as suppression of the immune system. Best get on that now.

On the ninth day of Christmas, the gift I gave to me: a little time apart.

Take a deep breath: it's time to take a break from your beloved. And we mean your *real* beloved. Nope, not your friend, not your boyfriend – not even your mum. We mean... your phone. It won't be easy, but nothing worthwhile ever is, right? Taking a tech break, whether for a weekend, a day or an hour, will do serious wonders for your wind-down time. So turn off your phone and smell the pinecones, ladies. Those festive films aren't going to re-watch themselves.

On the tenth day of Christmas, the gift I gave to me: a nod in the mirror.

There's one more thing you need for the perfect holiday season – sequins. Lots of sequins. What other time of the year makes it appropriate to splash out and get yourself a new frock? Thanks to the seemingly constant parties, the cost-per-wear is built into the season itself. And there's nothing that boosts one's selfie game like a deadset stunner of an outfit. Make like you're auditioning for the *The Bachelorette* and give 'em hell. ☺





Food fads VS friendship



She's already tried Paleo and gluten free, and now sugar has been kicked to the kerb, too. Is it worth eating activated almonds to stay friends with a clean-eating crusader?

You can't wait to catch up with your pal for wine, pizza and gossip in equal portions. But before you even leave work, the texts start flying...

*Can we NOT have Italian tonight?
I'm trying to avoid gluten.*

Sure, how about that new Thai place?

Uh, rice and noodles?!?

Well... let's just have drinks then.

I'm on a detox, so no alcohol

Coffee?

I guess I could have a peppermint tea...

Whether it's juice-cleansing or quitting sugar, it seems everyone is cutting out some type of food, even your best friend. Which is fine, until her new-found hatred for carbs starts negatively impacting your relationship. This was the case for Anna*, 26, who could no longer deal with her pal Claudia's* obsession with clean living. "There were so many restrictions about where we could go for a meal, and even what I was allowed to make her when she came over for dinner," Anna recalls. For the two women, who had ironically first bonded on a friend's birthday wine tour, Claudia's interest in health started to affect their once easygoing friendship.

"When people do clean-eating regimens, they can get fanatical about the decision they've made," explains clinical psychologist Louise Adams (self.net.au). "Food evangelism" has taken hold. It's almost like food is the new religion." In her practice, Adams sees women who have thrown themselves into restrictive diets. "I think people generally do feel great when they go on some kind of radical cleanse, so they talk about it all the time. This can be quite tiring for friends and family to be around," she explains.

Bestie or beer?

After showing some initial enthusiasm for Claudia's lifestyle change, to the point of attending a whole-foods cooking course together, Anna felt like her friend's diet had a life of its own. "She talked about it incessantly. I think she was trying to justify it to herself. She would always say how good she felt and how much weight she'd lost. Maybe it's selfish to say, but I missed her interest in my life and I was beginning to doubt my own lifestyle choices."

The new wellness campaigns are becoming so all-encompassing, they're affecting not only our conversations and our social life, but they're making us feel kinda low about ourselves too. A few years ago, when you scrolled through Facebook, every second photo was of your friends on a boozy night out. Now it's all super-food salads and raw cacao cakes. Instagram, with its beautifully filtered photos of green smoothies, is an even worse offender. "When we see this in our social media feeds, we feel bad, like there is something wrong with us," Adams points out. "And we forget that this is all engineered, because people aren't putting up posts of the beers that they have later on in that evening."

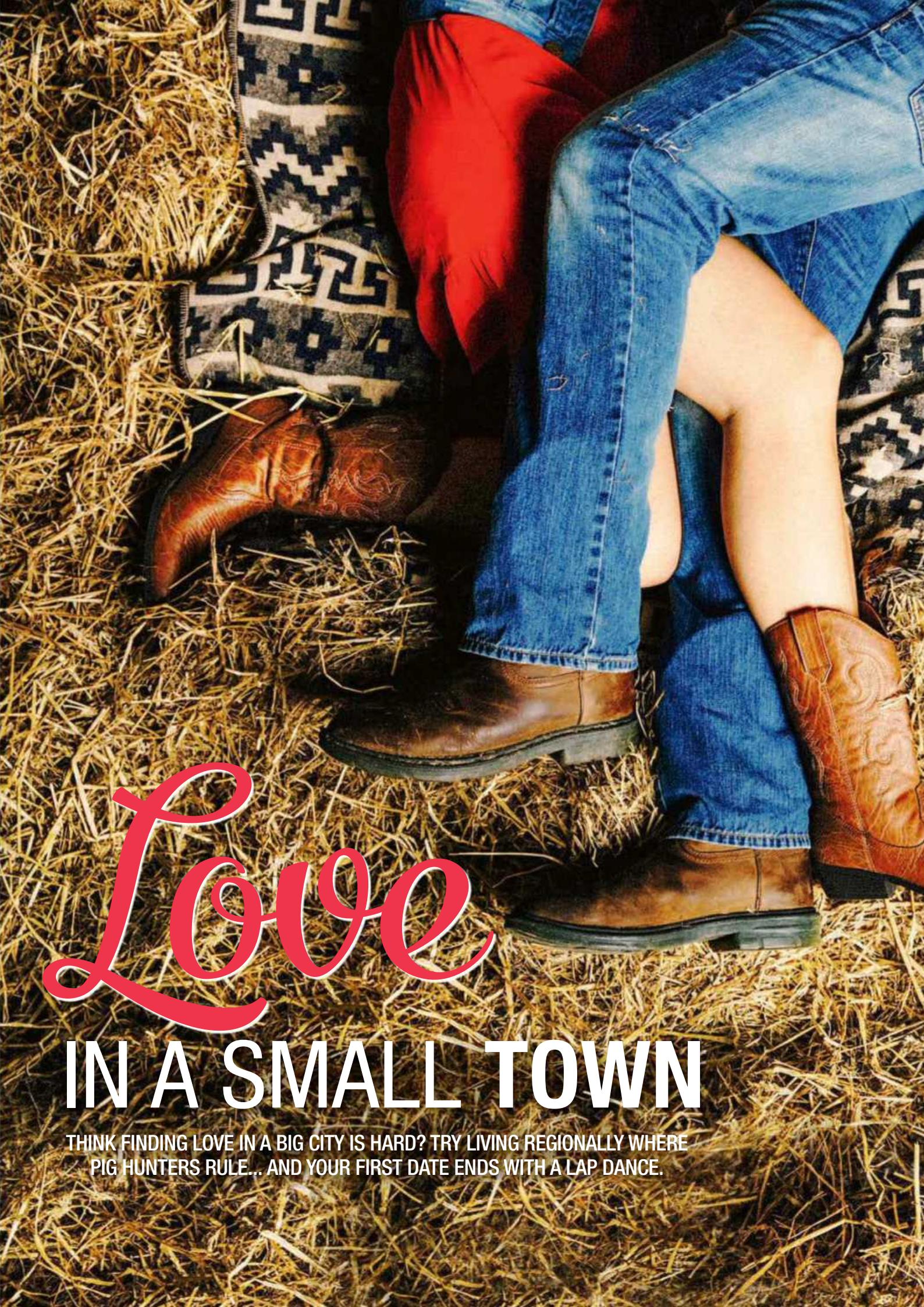
Hunger games

What your mate puts on her plate is her business, but when meeting up for a meal is such a major social part of a friendship, it can get tough when you don't see eye to (rib)eye. Gabby, 25, has worked very hard to maintain her friendship with a couple that have dabbled with a range of diets over the years. "As a vegetarian, I'm used to accommodating people's eating habits, but they were just extreme," she laughs. "They did the full no sugar, no carbs, no alcohol. So the meals were just salad and meat. I obviously don't eat meat, so every time I went to their house, I had to have a second dinner after I left!"

If you find yourself in situations like Anna's or Gabby's, make sure you protect yourself by taking a little BFF break and connecting with other friends. Adams likens it to when a friend falls in love with a douchey guy and you're scared to tell them what you really think. "Pulling back is really the only thing to do in the early stages. If you try and challenge your friend while they're in the 'honeymoon phase' there may be backlash," she advises. "[At that stage], that person is only experiencing the good parts of their diet and is not experiencing any doubts."

Despite the serious practical challenges that came with dining with her mates, Gabby chose to focus instead on their long history as friends and plan ahead. "I decided not to get angry," Gabby tells us. "I just thought they were ridiculous fad-followers and it wouldn't last for long. Thankfully, it didn't. But if it did, it's not like I had to eat with them every night."

When meal times become contentious, try a less-charged environment for your catch-ups, like heading to the movies, checking out an exhibition at a gallery or doing a yoga class together. But make sure it's something that you're also happy doing. "You don't want your whole life to become about enabling someone else's lifestyle," confirms Adams. "If you still want to go to the local pub and have a schnitzel, that's OK." We'll drink to that! ☕



Love IN A SMALL TOWN

THINK FINDING LOVE IN A BIG CITY IS HARD? TRY LIVING REGIONALLY WHERE PIG HUNTERS RULE... AND YOUR FIRST DATE ENDS WITH A LAP DANCE.

When Tamara Howie's long-term relationship dissolved, she found herself standing on the end of a Darwin jetty, screaming at the top of her lungs amid a heaving Wet Season storm. She'd moved to the tropical northern town with a boy she'd met at 18 and now she was alone for the first time in six years.

However, it didn't take long for the now-25-year-old journalist to get her groove back, throwing herself into the local party scene with its throbbing bars and clubs. "Darwin's a weird mix," she says. "Particularly Mitchell Street, which is full of army guys, miners, backpackers and sleazebags who go out for the sole purpose of hooking up." The city has the highest male-to-female ratio in Australia with 110.6 males per 100 females, and it has the country's most youthful population. The odds for a single, twenty-something woman are good. But the odds, as the old saying goes, are seriously odd.

In an attempt to find someone cool to hang with, Tamara turned to Tinder. She was shocked by the way local men represented themselves. "There were pictures of themselves with a massive dead boar," explains Tamara. "It's a real (Northern) Territory thing – pictures of hunting and enormous fish, or the shirtless gym selfies which scream 'I do 'roids on my days off'." And she says that the pick-up lines weren't any better. 'Can I paint you green and spank you like a disobedient avocado?' is one of Tamara's personal favourites.

She does choose to swipe right, dates range from the mildly amusing to the downright insane. She has a litany of tales; guys who brag about never having read a book in their lifetime, men who just want to talk about their guns (on their arms, out bush, in a war zone) and even those who arrive so drunk, they're slurring their words. One date declared his love of strippers and prostitutes. "I rolled with it," Tamara recalls. "He actually ended up offering me a lap dance at Darwin's finest strip joint!"

In Tasmania, librarian Courtney Blackwood, 29, found the search for love – or even just a decent date – equally confronting. Having moved from busy inner-city Melbourne, she discovered Hobart to be a closed community, "where people meet their

partners in high school and stay together for a long time". She joined a dating website and downloaded Tinder, where the men were either pictured in a North Face jacket on a mountain peak, or in a flannel shirt posing in front of their trucks. "I went on one date with a guy who seriously loved snakes and he thought it would be really fun to pull over on the side of the road and look for a snake to show me," explains Courtney. "He actually found one and put it in a sack, and it was in the car with us on the way home. I was so paranoid. That was up there with the worst dates of all time!"

Whether you've grown up in a small town or moved there for work, it's likely you'll recognise the same familiar faces on the dating circuit. Courtney shares an awkward tale of going out with a guy she met online, before realising his dad was one of her colleagues. Lauren*, 32, a photographer living in the Western Australian outback mining town of Kalgoorlie, regularly spots people she deals with in a professional capacity touting their wares on Tinder. "I feel like it's the elephant in the room..."

I've seen them pop up on Tinder and I assume they've seen me too." At one stage, almost her whole office was on Tinder, which she describes as "one big joke. We'd screenshot each other's profiles and have a giggle." In a town of 30,000 people, Lauren often matches with the same men as her friends and they compare notes. "It lets you weed out dodgier and less sincere guys more quickly!"

In her hometown of Perth, Lauren tended to date a 'type' of man. But Goldfields Tinder is different than city Tinder; Kalgoorlie is not teeming with "middle class arts graduates who like wine, organic food and fluffy animals" (as Lauren likes to describe herself). The result? Connecting with men whose interests may at first not appear compatible. "My most unlikely date turned into a six-month relationship. He called himself a boilermaker, drinker, smoker, lover of fast cars and motorbikes," says Lauren. "It worked for us because despite superficial differences, his core values were solid. He was very dependable, reliable and generous. I had my prejudices challenged (and some confirmed), and I now place less importance on factors like occupation and personal interests."

Tinder's location-based services can bring up other issues in regional areas; namely men who are there for a good time, but a short time. Courtney lucked out when she met Paul, who is neither originally from Tasmania nor a lover of snakes, but who she did meet online. Unlike the blokes in Kalgoorlie, he's not going anywhere – in fact, Courtney and Paul are planning their wedding.

For Lauren, Tinder hasn't worked out as successfully. "I haven't actually matched with a local. Everyone I meet is either in town for temporary work or a one-off event, or has been here for years and is about to leave," says Lauren, whose opposites-attract love affair ended when her boyfriend flew home to Europe last year.

While Tamara hasn't met The One, she reckons the experience of dating in Darwin has been enriching. "Everyone is so friendly here because it is so transient, so they're open to new people and opening themselves up. You end up finding people you'd never dream of meeting and that's the really beautiful thing about what is essentially a big country town." ☚

ARE YOUR EXPECTATIONS realistic?

We asked relationships expert Rob Tiller (relationshipswa.org.au) for his dating advice.

- When finding a quality guy, "it's about learning how to suss prospective suitors on mutual compatibility (Mr Right Enough) instead of just their buff bod (Mr Right Now)," Tiller explains.
- If you want more than a hook up, pace yourself. "Catch up for lunch so you can talk and listen," he adds. "Does he share himself to some degree or stay tight-lipped? Learning how to observe a guy's behaviour early on will give you a sense if he's worth it."
- Set deal-breakers. "This will weed out players from the stayers. Letting him get away with some not-so-cool things early on is just communicating 'it's OK to walk all over me' down the track," he says.

“My mother paid all the money she had – *every single last cent* she’d got from selling our home in Iran – to get me and her on a fishing boat to Australia.”



As newsfeeds continue to overflow with images of refugee crises across the world, we sat down with CLEO reader Elnaz Tavancheh, 23, who fled Iran three years ago to find refuge in Melbourne.

The journey took four days and three nights on a narrow, shelter-less, 20-metre-long boat that had 55 people crammed on it and nothing but ocean around us. The boat shook, crashing up and down in the waves. I could hear the wood creaking and cracking, and thought it would break into pieces at any moment. The whole trip we sat barely above the water with no life vests and no radio to call for help if anything happened...

I was born in Mashhad, a city in the north-east of Iran, near Afghanistan. My parents moved from there to Iran when they were young because we're Hazaras – an ethnic minority mostly up of made Shia Muslims. The Taliban are Sunni Muslims who believed Hazaras shouldn't be in Afghanistan, so they would harass and threaten families like mine. That's why my parents fled.

When I say why, I mean that was the tipping point. Life in Iran had never been easy for my family. During the Iran-Iraq war, my father fought for Iran for eight years and Mum raised my five older siblings and me alone. She was a tailor and worked hard to pay off our house.

When the war ended, the Iranian government gave soldiers a pension, but they wouldn't help Dad because he wasn't Iranian. The chemical weapons used during the war damaged Dad's lungs and he became very sick. All I remember is his coughing and blood... I was only four when he died.

Mum raised her family alone and life became increasingly hard. We faced racism because we were Hazaras and I had to use a fake ID card that said I was Iranian just to be able to go to school. I was a good student and after finishing school I studied agricultural science at university. I was there for 18 months until late 2012 when someone reported my family to the government and told them we were using fake IDs.

We knew what would happen next. Government officials would come to our home at any time and put us on a bus to Afghanistan. My cousin had been sent back the year before and while he was travelling from Kabul, the Taliban took his money and cut his fingers off.

So Mum and I fled to Indonesia; a cousin told us we could go to the UN there and ask for help. On our first night, Mum asked me to go to a nearby shop. We were staying in an area where there was a lot of prostitution and as I walked home, some guys chased me. They wanted to take me to their 'customers'. I ran, screaming. I made it home, but I was terrified. That's when Mum realised we couldn't stay in Indonesia.

She paid all the money she had – every single last cent she'd got from selling our home in Iran – to get me and her on a fishing boat to Australia. I really thought I would die on that trip. It was too cramped to lie down, my bones ached and I was too seasick to eat. On the second day, the engine broke down. It was dark and raining, and we were helpless. I remember one man shouting, 'God, I don't want to die here, I don't want the fish to eat me.' My mother and I were too weak to even cry. Luckily, after four hours, someone fixed the engine and we kept going.

The last night was the worst. The sea was so rough, I almost lost consciousness from vomiting so much. That night I really thought we would die. Then I heard the shout. Someone had seen the light on our boat in the distance and called out to us. It was March 12, 2013 – my 21st birthday – when we arrived at Christmas Island. Mum and I were there for a month before we were moved to a detention centre in Melbourne. We were there for a few months until AMES (ames.net.au), an organisation that helps migrants in Victoria, found us a place to live. Now my mother and I rent a house out in the northern suburbs. It's our home.

The early days in Australia were tough. I could speak English but my self-confidence was at zero so I was reluctant to talk. Things changed when I met my friend, Caterina, who runs a welcome centre for asylum seekers. She's also a kindergarten teacher and she asked me if I'd like to volunteer there. As I'm on a bridging visa, I'm not allowed to work yet and I couldn't continue my education, so I was happy to help.

Caterina also introduced me to the Christian Brothers who support Parade College, which is a catholic boys school in Melbourne. Through them, in August 2013, I met Brother Mark O'Loughlin, who is a scientist at Melbourne Museum. He then asked me to volunteer in the marine biology lab at the museum. Mark identifies new species, and I help him dissect things and make slides.

Mark also talked to the principal of Parade College and I was invited to do Year 12 studies there on a scholarship. In 2014, I became the first girl at Parade. I was scared – the boys were so much taller than me! But they treated me like



Einaz pursuing her love of science at La Trobe University.

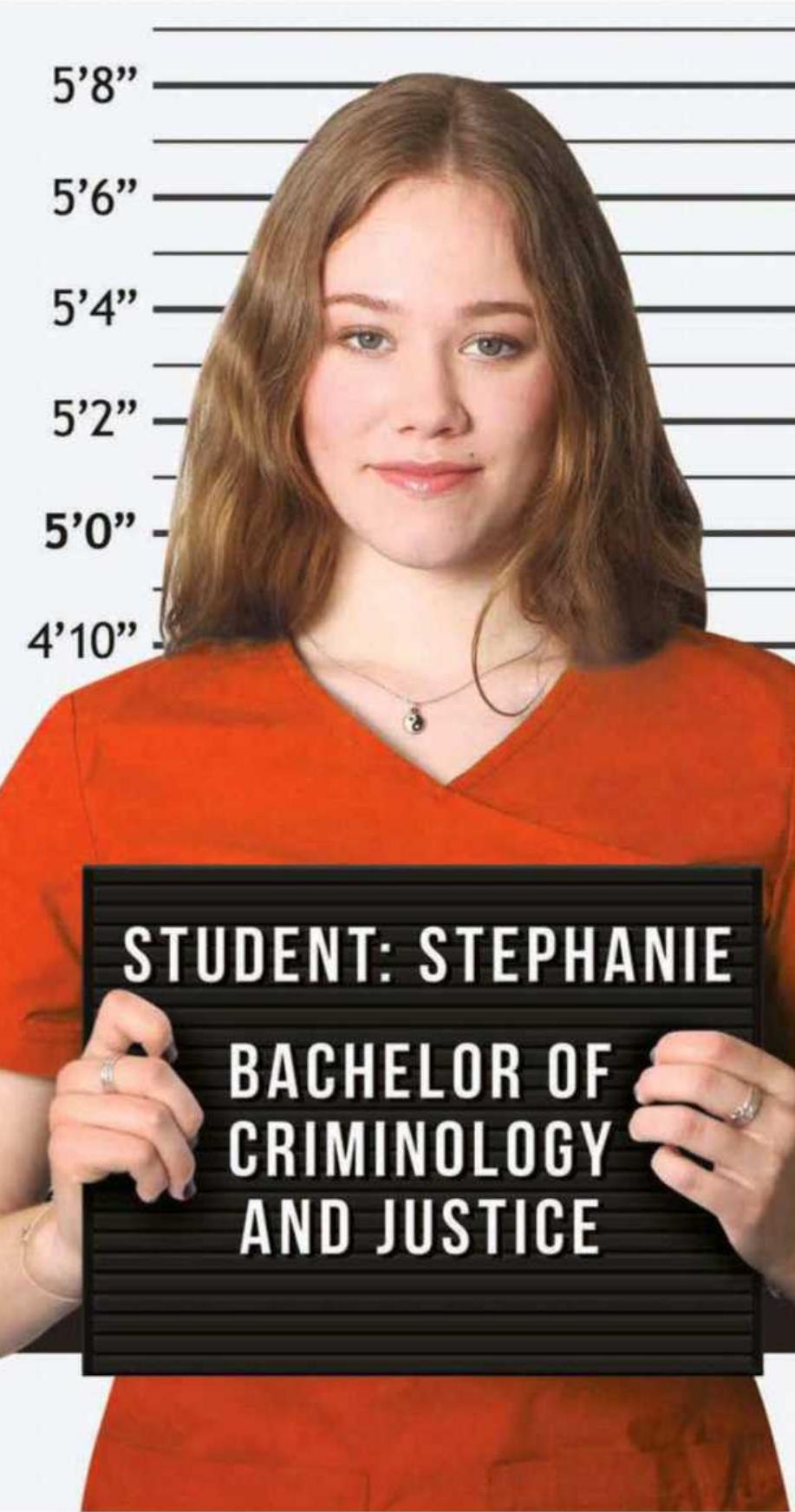
an older sister. One friend I made said his parents were a little racist before they met me, but they're not anti-refugees anymore because they know about my story.

I have always wanted to do science or biomedical science at university but because of the

bridging visa, I'm not supported financially to study. So I was so excited when La Trobe University offered me the chance to study biomedical technology on a scholarship for three years earlier this year. It's an exciting time in my life, a real turning-point.

Last year, two of my sisters arrived in Melbourne, but we miss my brother and other sisters, who are still in Iran. Every week, more Hazaras are removed from Iran, taken to the border of Afghanistan and left to their fate. My brother worries because he and his family live with fake IDs. They have to hide although they've done nothing wrong. My older sister is in the same situation and hides her face whenever she goes out. So I appreciate being in Australia because I feel welcome and safe. This is paradise to me..."

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2015

Equality

AWARDS



Social change can feel like a slow burn, but sometimes progress happens in leaps and bounds. It's clear that 2015 was one of those years – we saw several nations make same-sex marriage legal, a member of the world's most famous family bringing LGBTQIA issues into the spotlight with her own amazing journey, the Australian women's cricket team giving the men a run for their money and comedian Amy Schumer (and her

breakout movie role in *Trainwreck*) flying the flag for fun and filthy feminism.

Here at CLEO, we were so inspired by those brave enough, wise enough and fed up enough to speak out about inequality and stand up for what they believe in, we have decided to celebrate them with our very first Equality Awards. From politicians to global companies, to actors, athletes and activists, these are the people who are courageously using their high profiles to make a change. Take a bow, you bloody legends.

MARRIAGE EQUALITY

Ireland, Mexico and the US for making it happen

While we're disappointed we can't call 2015 the year Australians could finally celebrate marriage equality, we applaud Ireland for being the first country to approve marriage equality by popular referendum, and Mexico, where the Supreme Court made it official for the entire country. In June, US President Obama reminded us that sometimes justice "arrives like a thunderbolt" when he announced the Supreme Court's ruling for marriage equality. Here's hoping we'll get our own thunderbolt very soon. ➤



Facebook for proving that the vast majority support marriage equality

More than 26 million people around the world gave their profile pics the rainbow treatment for same-sex marriage after it was ruled legal in the US on June 26. It was amazing such a big company like Facebook showed their colours, and enabled millions of people to do so, too.



NOW RETIRED,
ADAM FACES UP
TO RACISM.

ANTI-RACISM

...Adam Goodes for taking a stand

It's a shame Sydney Swans great Adam Goodes' final season was marred with boozing. The vocal opposition to Adam's presence on the field kicked off after his traditional war-cry during the AFL's annual Indigenous Round in May, and in ensuing months, it got so bad, he took stress leave. With the country divided (some on Team "He's a sook" and others on Team "He's being racially vilified"), Adam's refusal to be a target opened up a national conversation about racism; one that continues to this day.



...Apple,
for making the commitment to diversify the skin colours of emojis because we're not all one colour.

HUMAN RIGHTS



GILLIAN TRIGGS

...Gillian Triggs for challenging Australia's treatment of refugee children

Despite Gillian being viciously attacked in the media and ridiculed by the Federal Government over her publicly damning inquiry into children in immigration detention, the president of the Australian Human Rights Commission has made the government face up to its callous disregard for human rights. Not only has she achieved her desired goal of having the abuse of children in detention investigated by the powerful Royal Commission, she also sent a compelling, lingering message to the government: I'm not going anywhere.

...He Named Me Malala for telling the truth

It's easy to forget Nobel Peace Prize winner Malala Yousafzai is only 18. The Pakistani schoolgirl, who stood up to the Taliban, continues to inspire in a new documentary that highlights both the ordinary and extraordinary moments of her young, incredible life.



MALALA AT THE
UN GENERAL
ASSEMBLY.

MALALA YOUSAFZAI

LGBTQIA

...Caitlyn Jenner and Andreja Pejić for putting transgender people in the spotlight

In April this year, Australian model Andreja Pejić became the first openly transgender female to be profiled in *Vogue* – a big feat for the transgender community. Then, just a few days later, reality TV star and former Olympian Bruce Jenner announced to the world he was transgender. His transition to Caitlyn Jenner unfolded on *Keeping Up With The Kardashians* and even spurred the docu-series *I Am Cait*.

...Ellen Page for continuing to raise the topic for discussion

"Still today, when people come out of the closet, they are making a huge impact on creating a more accepting and compassionate world – because the moment someone who does not fully understand our love, or who we are, realises that their daughter or son is gay or a teacher they love is transgender or an athlete they love is bisexual, they will hopefully begin to understand we are all the same, and we all want to be loved."

– Actress Ellen Page, speaking at the 19th Annual Human Rights Campaign

National Dinner (she came out at the Time To Thrive conference back in February 2014).

...Laverne Cox for breaking down the boundaries

While 2013 may have been Laverne's breakout year thanks to a certain hit prison show, this star has kept on killing it; after another year of tireless transgender advocacy, she was named one of *TIME* magazine's 100 most influential people. "She's a pioneer for our community," transgender advocate Jazz Jennings wrote in an essay for *TIME*.



CAITLYN (LEFT) AND
ANDREJA (RIGHT)

LAVERNE CONTINUES TO
FIGHT FOR EQUALITY.

ELLEN ADVOCATES
FOR THE LGBTQIA
COMMUNITY.

JEN LAWRENCE CALLING BS ON THE PAY GAP.



PM MALCOLM TURNBULL

MATT MCGORRY

WOMEN'S RIGHTS

...Malcolm Turnbull for taking action on domestic violence

Within 10 days of becoming Australia's 29th Prime Minister, Malcolm Turnbull announced that \$100 million of federal funding will be spent on putting a stop to violence against women. And with one in six Australian women having experienced physical or sexual violence from a current or former partner, we salute the PM for taking this stance:

"Violence against women is one of the great shames of Australia. Let me say this to you: disrespecting women does not always result in violence against women. All violence against women begins with disrespecting women. We still have a long way to go, but by recognising the gender issue that exists, and by having a vision of Australia that is proud of respecting women, we have sent a signal that violence against women is not acceptable." Bravo, Malcolm.

...Matt McGorry for being a social sh*t stirrer

He may infuriate us on *Orange Is The New Black* and *How To Get Away With Murder*, but on Twitter, actor and activist Matt McGorry is just killing it on the reg; he sounds off on feminism, LGBTQIA rights, anti-racism and the importance of consent. Yep, marry us ASAP, Matt.



...Jennifer Lawrence for penning an open letter about the pay gap

"When the Sony hack happened and I found out how much less I was being paid than the lucky people with dicks, I didn't get mad at Sony. I got mad at myself. I failed as a negotiator because I gave up early. I didn't want to seem difficult or spoiled. At the time, that seemed like a fine idea, until I saw the payroll on the Internet and realised every man I was working with didn't worry about being difficult or spoiled. I don't think I'm the only woman with this issue. I'm over trying to find the 'adorable' way to state my opinion and be likeable! I don't think I've ever worked for a man in charge who spent time contemplating what angle he should use to have his voice heard. It's just heard." – Jennifer Lawrence, via Lena Dunham and Jenni Konner's *Lenny Letter*.

To those fighting a sexist tax
Sydney Uni student Subeta Vimalarajah put the discriminatory pads and tampon GST on the agenda earlier this year with an online petition, which now has over 100,000 signatures. (communityrun.org)



...Films that made bank with a badass feminist focus

"We'll have the popcorn and feminism combo, please..."

MAD MAX: FURY ROAD

Tom Hardy's Max may be the title character, but this movie belonged to one-armed action hero Furiosa (Charlize Theron), who's on a mission to free a group of female sex slaves from their fearsome captor.

TRAINWRECK

Amy Schumer's breakout flick gave us a new spin on the rom-com leading lady. The film gave those traditional gender roles the old switcheroo, with Amy's character portrayed as

sexually empowered and non-committal, and Bill Hader's as sweet and smitten.

MAGIC MIKE XXL

This sequel gave us biceps and thrusting, but was mixed with strong female characters and the undeniable message that women's desires should not only be accepted, but celebrated. (By mostly nude men. And Backstreet Boys songs.) ➤



THE WOMEN'S AUSSIE CRICKET TEAM TOOK OUT THE ASHES!



SERENA IS THE WORLD'S TOP TENNIS PLAYER.



DYLAN WINS HIS FIRST US OPEN TENNIS FINAL.

SPORT

...The Aussie women's cricket team for bringing home the Ashes

When the women's team flew to the UK for the Ashes tour, most of them sat in economy, while a few lucky ones sat in business. We have one question for the men's team: did captain Steve Smith and the squad call shotgun on swanky seats or did they all get one?

...Serena Williams for being number one

The greatest tennis player in the world isn't a man. It's Serena Williams, who won her 21st Grand Slam at Wimbledon this year. Her nearest competition? Roger Federer, who's clocked up 17 majors. Bow down, boys.



RONDA ROUSEY LOVES HER 'MASCULINE' BODY.

ANTI-BULLYING

...Lauren Mayberry for fighting misogynistic cyberbullying

Chvrches lead singer Lauren Mayberry spoke out about the constant stream of sexually violent threats she receives on social media – like when the band released their video clip for "Leave A Trace". She received countless threats of rape and nasty comments, with critics accusing her of hypocrisy because of the length of her dress in the promo and her wet hair. Here's what she said on the topic: "What I do not accept is that it is alright for people to make comments ranging from 'a bit sexist but harmless' to openly sexually aggressive. That it is something that 'just happens'. Is the casual objectification of women so commonplace that we should all just suck it up, roll over and accept defeat? I hope not. Objectification, whatever its form, is not something anyone should have to 'just deal with.'"

...Monica Lewinsky for refusing to let her life be reduced to a single punch line

"Overnight I went from being a private figure to a publicly humiliated one worldwide. I was Patient Zero of losing a personal reputation on a global scale almost instantaneously."

This rush to judgement [after she was discovered having an affair with marred US president Bill Clinton], enabled by technology, led to mobs of virtual stone-throwers. Granted, it was before social media, but people could still comment online, email stories, and, of course, email cruel jokes. News sources plastered photos of me all over to sell newspapers, banner ads online, and to keep people tuned to the TV. Do you recall a particular image of me, say, wearing a beret?

POLITICS

It's been a powerful year for women in politics. Everything from Labor senator Penny Wong winning verbal smackdown against conservative opposition on gay marriage, to PM Malcolm Turnbull's appointment of Marise Payne as our country's first female defence minister and Hillary Clinton campaigning to become the first female US president.

...Ronda Rousey for her body love

"Just because my body was developed for something other than f*cking millionaires, doesn't mean it's masculine. I think it's femininely badass," she says.

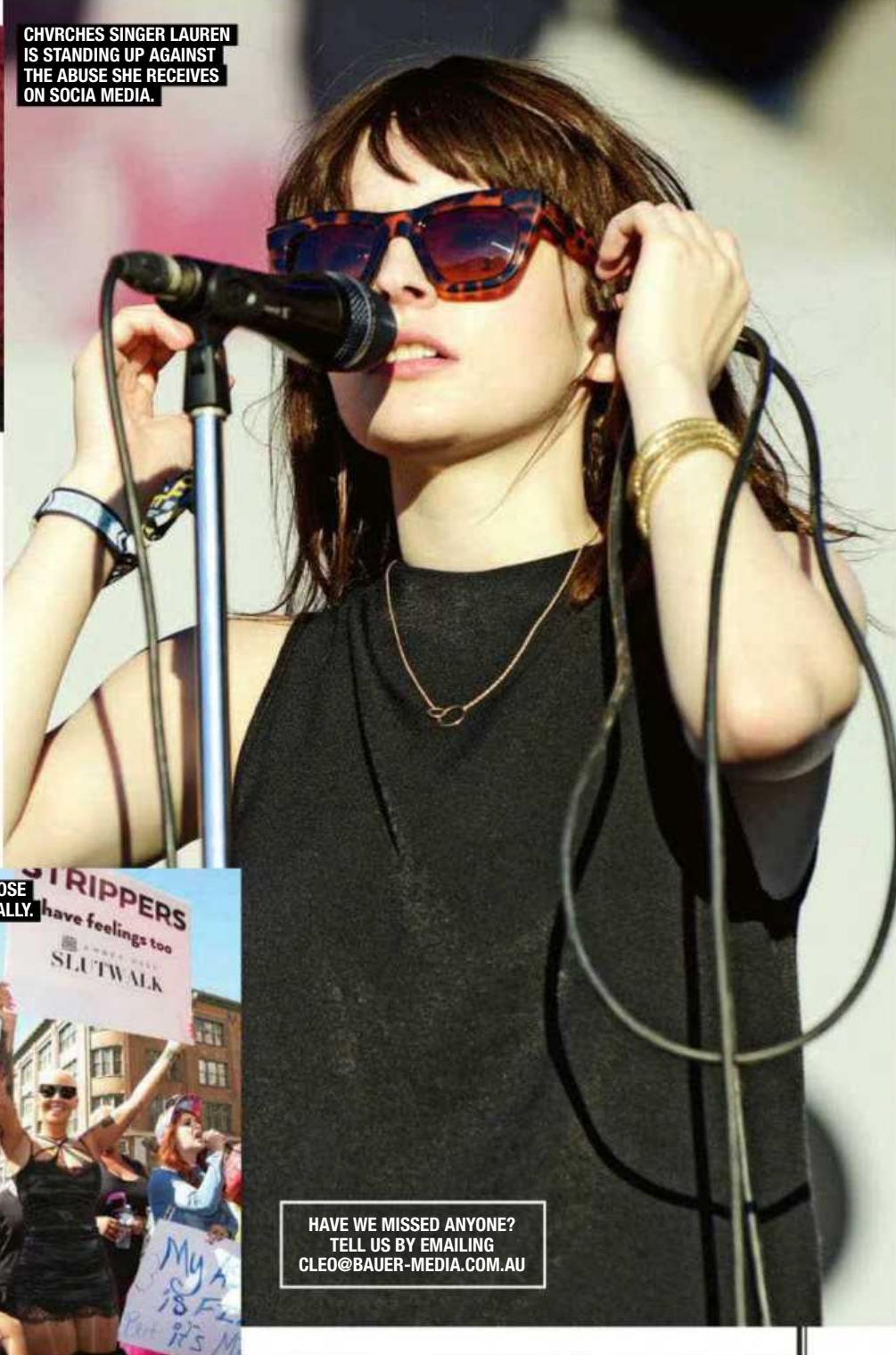


MONICA LEWINSKY VOWS SHE'S MORE THAN THE BUTT OF A JOKE.

I admit I made mistakes, especially wearing that beret. But the attention and judgement I received, not the story, was unprecedented. I was branded as a tramp, tart, slut, whore, bimbo, and of course That Woman. I was seen by many but actually known by few. And I get it. It was easy to forget that That Woman was dimensional, had a soul, and was once unbroken." – Monica Lewinsky's speech, The Price Of Shame, at TED2015.

...Amber Rose for walking against shaming

After being publicly "slut-shamed", stripper-turned-actress Amber Rose took a stand by starting the Amber Rose SlutWalk to rally against racism, sexism, ableism, fat-shaming, transphobia and all other forms of bigotry. This movement was a 'screw you' to anyone guilty of shaming, namely Amber's ex Kanye West, who said, "It's very hard for a woman to want to be with someone that's [sic] with Amber Rose... I had to take 30 showers before I got with Kim [Kardashian]." Not to mention ex-hubby Wiz Khalifa, who shamed her in a song with the lyric: "I fell in love with a stripper/Funny thing is I fell back out of love quicker." She forgave both rappers at the event. ☀



CHVRCHES SINGER LAUREN IS STANDING UP AGAINST THE ABUSE SHE RECEIVES ON SOCIAL MEDIA.

AMBER ROSE AT HER RALLY.

**HAVE WE MISSED ANYONE?
TELL US BY EMAILING
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...Penny Wong, Hillary Clinton and Marise Payne for owning the political stage



PENNY WONG

"I find it sad that senior politicians seem to want to tell children of other same-sex couples that somehow they are not normal."



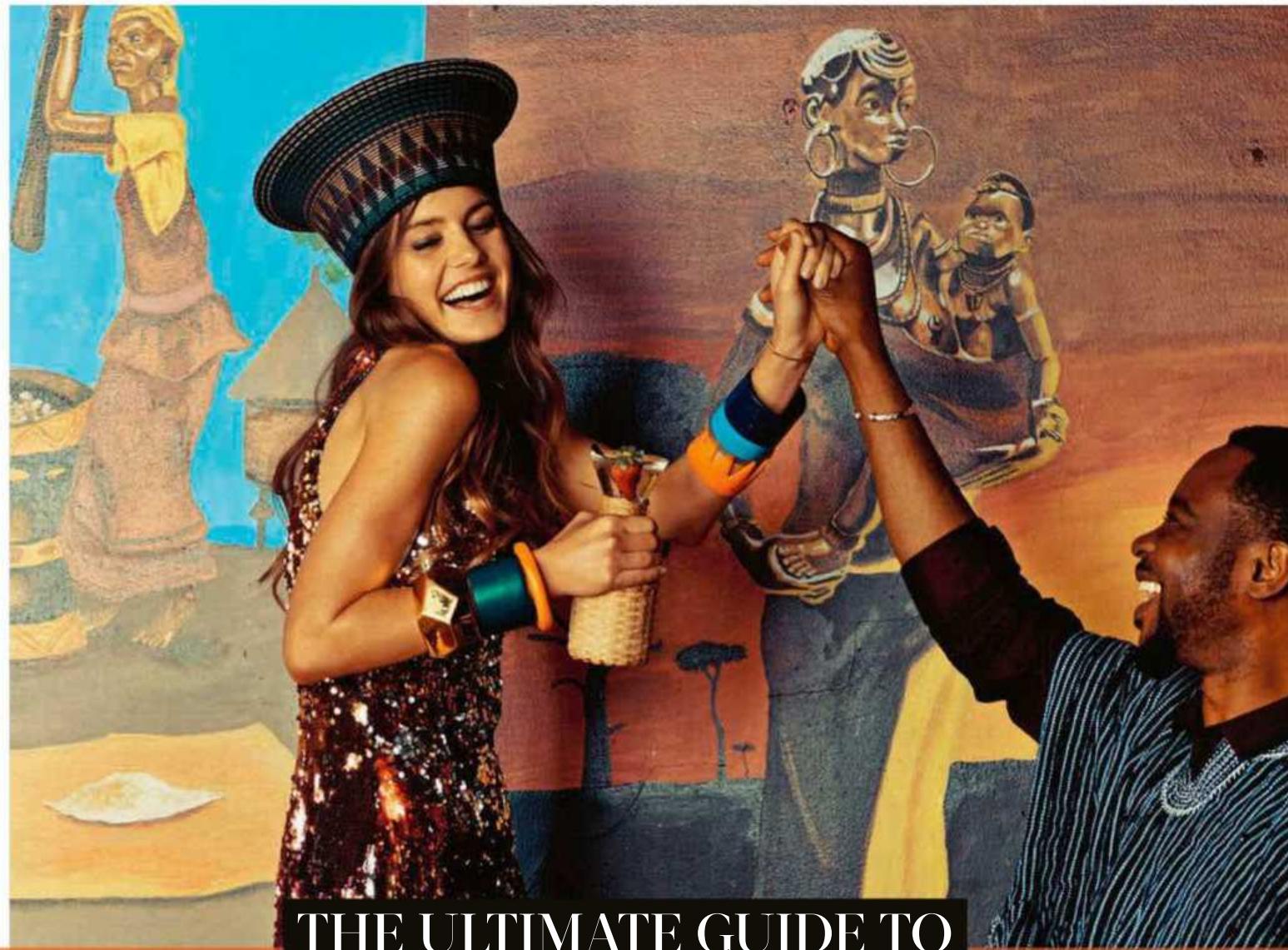
HILLARY CLINTON

"I'm always a little bit puzzled when ... particularly a young woman, says something like, 'Well, I believe in equal rights but I'm not a feminist.'"

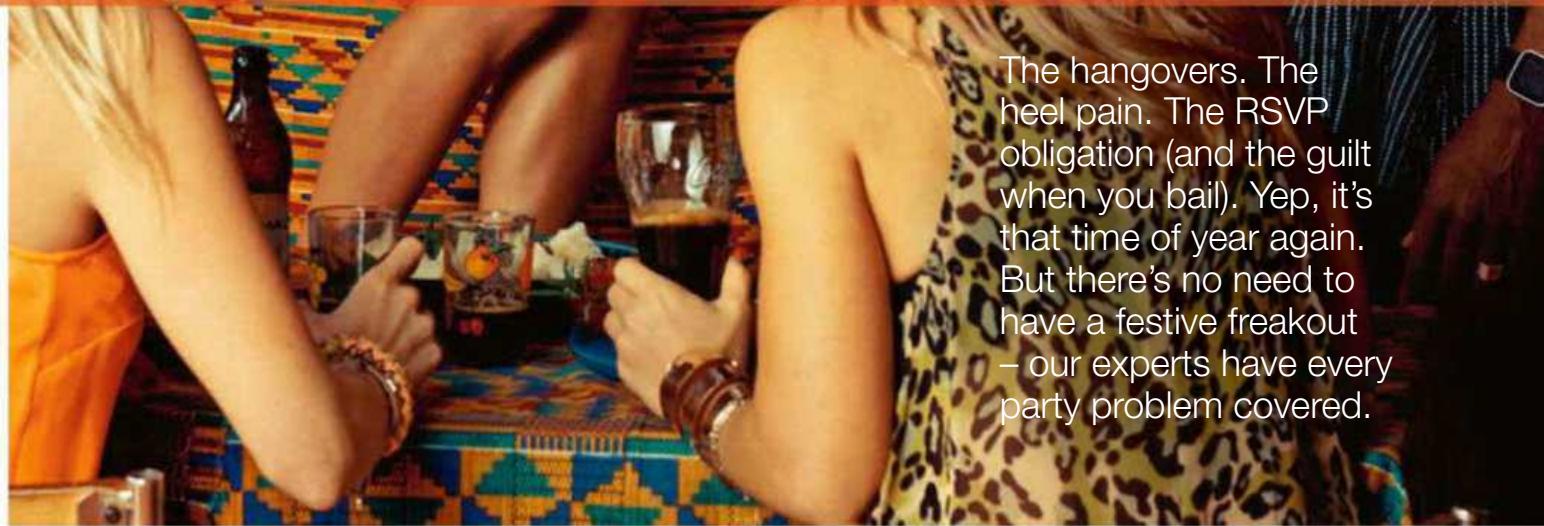


MARISE PAYNE

"If [my] appointment encourages one young woman to consider a career in defence [or] politics, I think that is an absolutely fabulous thing." ☀



THE ULTIMATE GUIDE TO
SURVIVING
party season



The hangovers. The heel pain. The RSVP obligation (and the guilt when you bail). Yep, it's that time of year again. But there's no need to have a festive freakout – our experts have every party problem covered.

How to: avoid blowing all your savings at once

REBECCA JAMES, CHIEF MARKETING OFFICER, ME BANK

It's fun to kick up your heels, but it's also important not to party yourself into poverty and start the new year on a financial back-foot. So remember to...

PACE YOURSELF Know your incomings and outgoings, and what's left over to dedicate to the party period. Set a budget and know where your account balance should be at the end of each week. A budget-tracking app may give you extra motivation to stay on track.

PRIORITISE Make a list of events, work out what they'll cost you, and then cross off those that don't make the social grade. Nothing's worse than blowing your budget on a dud night.

CUT CORNERS Apply the 'needs versus wants' rule. For example, do you really need to professionally blow-dry your hair? Or can you compromise by learning to style it yourself?

How to: avoid party season burnout

KIM SMITH, BEHAVIOURAL EXPERT, STANDING STRONG

From all-nighters to surviving family get-togethers that feel like episodes of *Days Of Our Lives*, how do we keep our minds (as well as our bodies) from completely burning out? Start these good habits right now...

How to: work off the beer bloat

MERETTE GEARIN, PERSONAL TRAINER AND MODEL

Although you may be craving fries and bacon the day after a big night, it will only add to your beer bloat, so get a juice into you and follow it with a day of healthy eating. Fast-food may be the quick and easy option, but I can promise that doing this will make you

How to: stay on friendly terms with your liver (as well as your head)

DR GRAEME SMITH, SCIENCE & RESEARCH MANAGER, SWISSE

There are two ways to make sure vthat your liver doesn't hate you this party season. First of all, don't overwork it by drinking too much alcohol too often. No-one likes to be overworked – and that includes your liver! Secondly, look after the health of your liver with a good diet and regular exercise. Traditional herbs may also be of benefit to you. Both herbal and traditionally used ingredients known for protecting and supporting your liver function are St Mary's thistle, turmeric and globe artichoke.

Your liver is an important organ that handles a wide variety of bodily functions, such as regulating your energy storage (glycogen), hormone production and, specifically, the detoxification of drugs and alcohol.

Although there is no antidote for alcohol intoxication, there are a few simple practises you can implement to limit a day-after headache.

1 Firstly, don't overdo it! Set limits for yourself and then stick to them. In order to stay below a blood-alcohol concentration of 0.05, it's recommended that you consume no more than just one standard drink per hour. Make sure you also consume a glass of water between each alcoholic drink to maintain proper hydration.

2 Acute alcohol consumption can influence how effectively your body controls its blood sugar levels and drinking on an empty stomach only serves to exacerbate this. Eating small, protein-rich meals throughout the night will also help to minimise your chance of that dreaded morning-after headache.

3 You may want to consider supplementing with B-group vitamins, as the requirement for these nutrients may be increased when [drinking] alcohol. Just consult a medical professional first.

feel so much better than you would if you feasted on junk. Plus, it'll go a long way towards flattening your stomach (who doesn't want that?!).

In regards to exercising, focus on bringing energy back in rather than letting more out, so give the weights a rest for the day and, if you're up to it, do some light cardio work, like going for a jog or a decent walk. Treat it like a recovery day – if you follow those steps, you won't be screwed for the rest of the week!

"If you want to tolerate your crazy aunt, you'll need patience – the kind that only comes from rest."

How to: resist eating ALL THE FOOD

JESS HOCKER, NUTRITIONIST,
THE HEALTHFUL LIFESTYLE

Unless you've got amazing willpower, resisting the urge to stuff yourself with delicious canapés can be tough. Try this:

SNACK SMART My number-one tip is to eat something before you head to the party, like a salad with a portion of protein. Protein takes longer to digest so you'll feel fuller for longer. My second tip? Stand away from the kitchen! The people standing there are usually served first, so hanging out away from it all will limit the number of full platters of food that eventually make their way over to you. Finally, drink water. Not only is it great for you, it will add to that full feeling, too.

KNOCK THEM BACK IN A KIND OF HEALTHY(ISSH) WAY One of the most common questions I'm asked, especially around party season, is 'What's the healthiest alcohol?'. The simple answer is, it depends on the amount and the type consumed. On a single occasion, two to three standard drinks (remember, that's a 30ml serve) will not cause any adverse effects health-wise— but don't repeat it night after night.

If you're trying to watch your kilojoule intake so you fit into your bikini, avoid pre-mixed drinks and creamy cocktails – they're loaded with kilojoules! Keep to something light and clear (vodka, fresh lime and soda water is a personal favourite). And always try sticking to a 1:1 ratio of both water and drinks.

How to: wear heels all month without breaking a bone

Heels, \$265, Senso.

KARL LOCKETT, SPORTS PODIATRIST, SYDNEY HEEL PAIN

Wearing high heels strains the calf and Achilles tendon, so I recommend stretching your calf muscles daily, as well as opting for a heel with a wider base. While you're out, wear gel liners in your shoes to support the balls of your feet, and consider sitting down for 15 to 20 minutes every two hours to relieve your legs.

Sports drinks contain sodium, magnesium and potassium – great after workouts and for hangovers, but they can also help replenish and relax your calf muscles and the muscles in your feet.



How to: say a big fat 'no'

SACHA MARIE CURTIS, HEALTH & LIFESTYLE COACH

Graciousness and honesty should get you through any sticky RSVP situation; responding as personally as possible is key. It is best if you can respond in person or over the phone, so you can make sure your tone and sincerity is conveyed (in a message, your intent can sometimes be misconstrued). Thank the host for the invite, then explain that you unfortunately won't be able to make it. If you have too much on and need a night off, it's OK to be honest about that. If you'd like to, offering to catch up one-on-one with the host at another time is a good idea. If you're polite and sincere, you know you've done the right thing and you can enjoy that night off absolutely guilt-free.



How to: avoid looking like an extra from *The Walking Dead*

MEG BELLEMORE, BEAUTY EDITOR, CLEO

1 POP THE SHAMPERS Soirées all day call for speedy refreshers – and dry shampoo is one of the most versatile. Wick oil and lend your locks a kick of volume between meals (and cure whiffy feet!) with a couple of quick pumps.

2 BE PREPARED During the festive season, having a small but well-thought-out long-wear lipstick wardrobe on hand is essential. Keep a set of minis, including a pink-based nude, a poppy red and a deep berry, nearby so you've got every dress code and occasion covered. Our pick of the designer bunch is The Sofia, created for Sofia Coppola herself!

3 LOSE THE BEAUTY WEIGHT Very few clutches are down for holding your chunky bottle of foundation – so keep dark circles, chin shine and blemishes at bay with a cute, compact, spill-proof concealer pen.



1 ArtDeco Anti-Aging Concealer in Natural, \$38. 2 Marc Jacobs The Sofia Five-Piece Petites Le Marc Collection, \$45. 3 Aveda Shampure Dry Shampoo, \$30.

How to: make like Mary Poppins and fit your life inside one clutch

ALISSA THOMAS,
FASHION DIRECTOR, CLEO

ON-TREND ARM CANDY

This season, gold is the colour and beachside-bohemian is the look. Sport a cute, mid-sized bag that holds all your essentials and suits every kind of party.



\$14.95, H&M.

GO BIG OR GO HOME Make a statement with an oversized clutch that will hold everything from your wallet to a cardi and foldable flats – and it can double as a pillow should you need it to!"

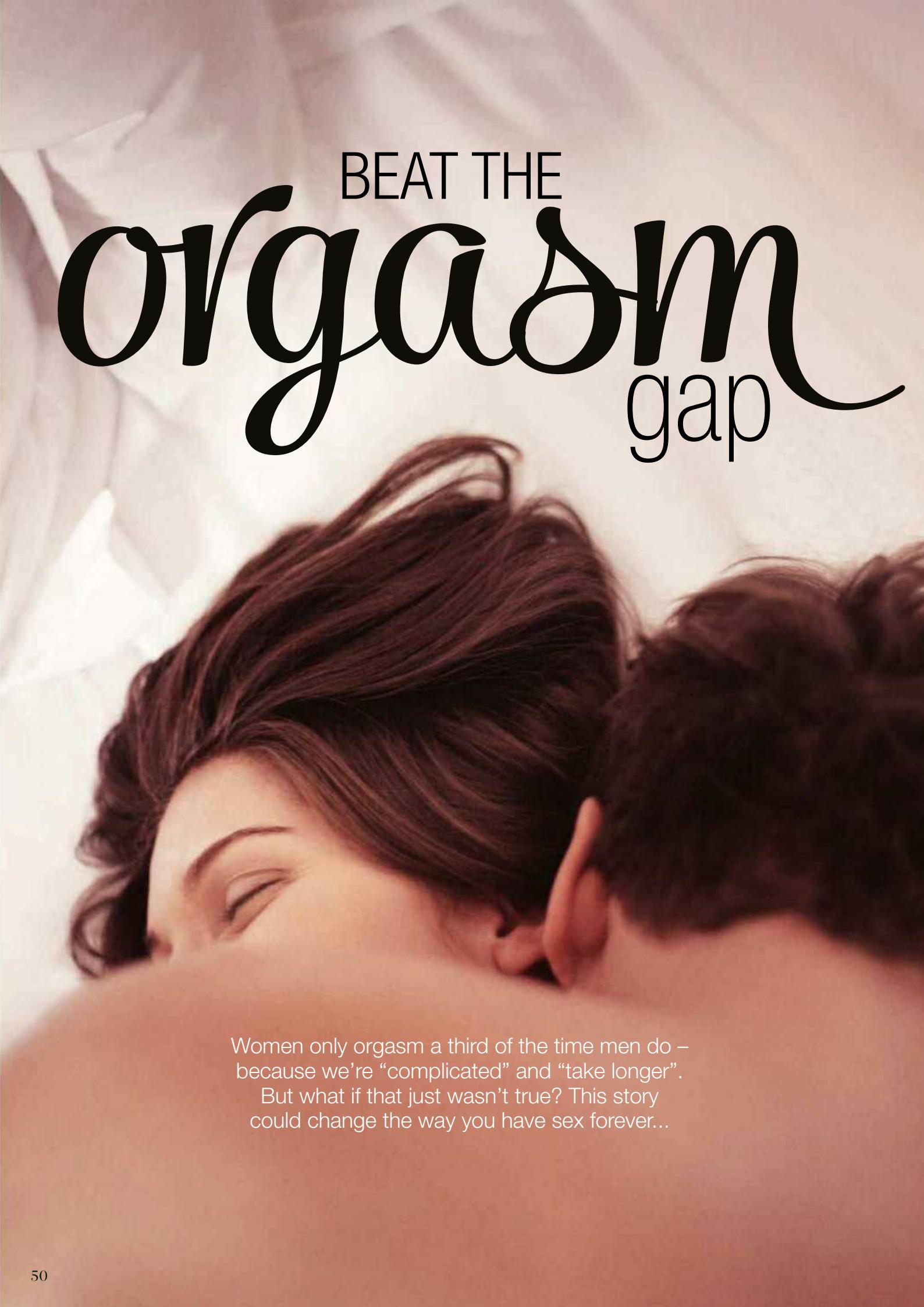


\$42, Missguided.

THE BAG THAT GOES WITH EVERYTHING Classic. Black. Chic. It's the James Bond of bags and fits everything you need: your phone, wallet, lippy, sunnies, passport and the keys to your Aston Martin."



\$229, Tilkah.



BEAT THE orgasm gap

Women only orgasm a third of the time men do – because we're "complicated" and "take longer".

But what if that just wasn't true? This story could change the way you have sex forever...

Say it with us: ‘satyromaniac’. Not sure what it means? Then you’re in good company with spellcheck and Google. It’s actually the male version of nymphomaniac, the derogatory term for a woman with a high sex drive, which we bet you probably knew. We bet you also know frigid; the degrading term for low sexual desire in, yes, you guessed it, women. A male version doesn’t seem to exist.

So, in two incredibly common words (neither with a commonly heard-of male counterpart) we’re told women are too sexual or not sexual enough. If movie sex scenes are anything to go by, the right amount of sexual is about five thrusts. And if the misogynistic terms and two minutes of actual intercourse aren’t enough to make you orgasm, it’s because you’re ‘complicated down there’ or ‘enjoy cuddling afterwards anyway’.

“Men have had the privilege of controlling the public discussion about female orgasm for centuries,” explains Trisha Borowicz, a molecular biologist. She directed award-winning indie film *Science, Sex, And The Ladies* to debunk the “sh*t tonne of confusion” about female orgasm. “We’re bombarded with depictions and jokes and discussion of female orgasm that are simply not realistic. The more we ladies talk honestly to each other, the better this will get,” she adds. Consider this your equal opportunity contract for pleasure.

But first, let’s just recap the O-Q (that’s Orgasm IQ)

We learnt the ‘O word’ during high school, but beyond something vague about waves and a peak, most of us would flunk a biology exam. “Dictionaries declare, ‘Orgasm is the climax of sexual excitement.’ Does that make you any the wiser? I doubt it,” admits Dr Vivienne Cass, adjunct associate professor at Curtin University and author of *The Elusive Orgasm*.

But trying to reach that orgasm without ever truly knowing what your body’s trying to tell you can be more frustrating than trying to remember your Apple ID. You’re not going to get far.

“A person first needs to be aroused,” says Borowicz. Turn-ons are incredibly individual (smell, touch, sound, sight), “but once arousal happens, our bodies react similarly”. Blood flows down to your genitals, tensing the muscles in that area. Keep stimulating your clitoris, and an orgasm is when the tense muscles in your pelvis suddenly relax. Involuntary contractions come every 0.8 seconds, with three to 12 likely in total.

Err, so why haven’t we even mentioned the vagina yet?

The thing is, vaginas have kind of been exaggerating the pleasure-giving section of their CVs. No vaginal orgasms have ever been recorded by lab equipment – and not because of the tech. The only proof is people’s claims; in one instance, a doctor touched women internally until they said they had a vaginal orgasm – though even he admitted he didn’t feel any muscular signs of it.

So why do we consider penis-in-vagina the way to win at sex? Blame Sigmund Freud. Based on zero evidence, he said clitoral orgasms were “immature” and after puberty, women should then advance to vaginal ones. (People who couldn’t orgasm via intercourse were said to be disturbed.)

Of course, vaginal contact can feel great. “There are women who find stimulation of the lower front vaginal wall [G spot] pleasurable; stimulating that area can cause arousal,” says Borowicz. Current theory is that internal parts of the clitoris get ‘crushed’ as a penis thrusts in and out, giving us pleasure. What we know for a fact is manual stimulation of the clitoris gives us the strongest orgasm. “It’s not a case of the right penis or the right man; the vagina is not the female pleasure organ,” Borowicz adds. William Masters and Virginia Johnson (of TV’s *Masters Of Sex*) proved this – in a lab! – in 1966. We knew it 50 years ago.

That whole ‘women take ages’ thing? Let’s assess...

“These are the stories we tell ourselves: that women’s bodies are simply more difficult. The clitoris is hard to find and complicated to operate; it’s shy and pernickety; it disappoints its owner ♦

OWNER’S MANUAL

A guide to finger-play by Carlyle Jansen, author of *Sex Yourself: The Woman’s Guide To Mastering Masturbation And Achieving Powerful Orgasms* (carlylejansen.com).

TAPPING

BASIC: Gently tap your vulva with a finger.
PRO: Fold a string of plastic beads against the clitoris and tap very gently. See how your body reacts to the texture of the beads.

SQUEEZE TEASE

BASIC: Let each hand rest against a thigh, with your thumbs above the pubic mound. Move your hands together and allow the outer and inner labia to get ‘squished’ between your hands. Move them up and down slightly, massaging the tissue.
PRO: For more intensity, you can alternatively replace one hand with a vibrator.

FIGURE OF EIGHT

BASIC: Using a well-lubed finger, trace a figure of eight around the clitoris, across the inner labia and around the vaginal opening.
PRO: Mix up the speed – slower or faster, larger or smaller. Use a vibrator to trace the pattern.

WINDSCREEN WIPER

BASIC: Point a well-lubed index finger downwards and run it back and forth over your clitoris like a windscreen wiper for at least one minute.
PRO: Change the position of your finger so that it’s pointing sideways, or you can replace your finger with the showerhead.

and mocks the efforts of her partner," says sociologist Dr Lisa Wade, author of *Gender: Ideas, Interactions, Institutions*. Now drum in that clitoris means hard – and not the good hard, like a penis – and it's no wonder we don't prioritise it. What we rarely hear is this statistic: that, when touching ourselves, the average time it takes us to orgasm is four minutes. Yep, exactly the same as a man. Sex researcher Alfred Kinsey spoke to 6,000 women to suss this out. In 1953.

It's normal to have ghost-gasms

What do we mean by ghost-gasm? Well, you've most-likely experienced the annoying feeling before. One minute you're teetering so close to the edge that you need a handrail, and the next, it's vanished. But this poltergeist pleasure – what Dr Cass calls a plateau – is completely normal. "Depending on our mood, what's happening around us, and so on, arousal may decrease or level out," she explains, noting that it's particularly common just before an orgasm, or to happen several times. "Many women think, 'Oh no, I'm losing the feelings (again)' and just stop all sexual activity. If they'd known that it's perfectly normal for their sexual arousal to go up and down, they might have relaxed and enjoyed the moment until their arousal built towards a climax."

Know your orgasm entitlements

While pioneering sex research from five decades ago has struggled to shift orgasm misogyny, a recent US study found a way to crack the gender gap: turning a ratio of three male orgasms for every one female into (practically equal) 1.04:1 odds. How? Increase the number of times a couple sleeps together (relationships give seven times more orgasms than hook-ups) and the number of activities per session (combining oral sex, intercourse and clitoral self-stimulation had up to a 92 per cent orgasm success rate).

The reason that hook-ups fared so badly was that women didn't really feel entitled to come. One woman, of the 15,000 people interviewed by sociologist Elizabeth Armstrong, admitted of hook-up sex, "I will do everything in my power, whoever I'm with, to get [him] off." But on the likelihood of bringing a women to orgasm, a man replied, "In a hook-up, I don't give a sh*t." So, still think your "difficult" genitals are to blame?



ORGASM HELP DESK

BECAUSE TURNING IT ON AND OFF ONLY WORKS FOR COMPUTERS.
REMEMBER THESE TIPS NEXT TIME YOU'RE BETWEEN THE SHEETS.

THEY NEED DIRECTION – YOU'RE EMBARRASSED

Lose the idea that men know what to do through experience and women don't because you have similar bits. Stay silent and you'll only focus on what's turning you off.

YOU'RE MORE WORRIED ABOUT HOW YOU LOOK THAN HOW IT FEELS

"We generally don't look much different during orgasm than when we're having a good laugh," reassures Dr Cass in *The Elusive Orgasm*.

YOU'RE CONSTANTLY THINKING, "I HAVE TO GET THERE RIGHT NOW"

But that strive for perfectionism equals fear of failure. The second you think about an orgasm (the future), you stop feeling it (the present). Focus on now.

YOU FEEL WEIRD ABOUT TOUCHING YOURSELF

"We're taught in society that our vaginas are forbidden. But seriously. Masturbate. You need to know your vulva," says Melissa A. Fabello, co-managing editor at *Everyday Sexism*.

LIFE IS TOO STRESSFUL TO THINK ABOUT THE BEDROOM

Vent. Cry. Yell. "Women who cope in this way are much less likely to have their sexual feelings affected by that's happening in their lives," adds Dr Cass.



“The second you think about an orgasm (the future), you stop feeling it (the present). Focus on now.”

Me & MY orgasm

How To Make Me Come, a Tumblr of orgasm confessions, has gone viral. “We wanted to start a dialogue about how women achieve sexual pleasure; something often ignored, or devalued,” says founder Sylvia. Make like these women and get sharing at howtomakemecome.tumblr.com.

“I spent the first 25 years of my life as a lesbian, knowing I was always secretly bisexual. Then I tried it with a man. It seemed OK. But with a lot of trial and too much error, I decided men had no idea. Let’s face it, I’ve worked with real experts. Giving the direction ‘fingers inside me with clitoral stimulation’ seemed to cause as much confusion as telling him to look behind something to find the milk.

I half expected him to stand at the foot of the bed and gaze at me in endless confusion at this foreign concept.”

“I didn’t learn how to orgasm until a guy went down on me in college. He discovered my clitoris for me. I wish my sex ed teacher had said, ‘Hey, there’s a button above your vagina that puts it into turbo mode,’ but no one told me.”

“I love masturbating. I know just what I like, and I always, always come. I’ve never had an orgasm during sex. Not even during oral sex, to which friends have exclaimed, ‘Seriously?’ I totally understand how I come, and it has to be by my own hand.”

“I equated having an orgasm with just getting really, really close to it. I didn’t understand the burst of euphoria everyone was always talking about. When I was crabby and people told me I needed to get laid, my response was, ‘I get laid all the time and I’m still in a bad mood.’ But on a tremendous, rare night where surely pigs flew, Halley’s comet shot by, and volcanoes spouted ice cubes elsewhere in the world, we got intimate and I finally came.”

“There’s a big heap of masculinity at stake in being able to make a woman orgasm the right way. But the way to actually make it happen is to do it her way.”

“He would go down on me for five minutes and then come up and say, ‘Did you come?’ As if I were going to say, ‘Yes, I just did! You’re amazing!’”

“How do I explain to someone that I like it rough and fast, but still want someone to hold me after and call me pretty? How do you really let someone in, and not just physically? Sure, I can explain the logistics of my sex organs, but I don’t know if I can explain the inner-workings of my brain. Until I feel safe, I simply can’t give in to an orgasm because I’m scared of losing control.” ☚

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Fashion



Red HOT *holidays* ft. SHANINA SHAIK

Whether you're shopping for end-of-year festivities, prepping for a big New Year's Eve or escaping the crazy season with a tropical vacay, we've got your wardrobe fashionably covered. □

Dress, \$570, Yeojin Bae. Earrings, \$89, Krystle Knight.

All I want for Christmas

It girl, model and Victoria's Secret mega-babe Shanina Shaik frocks up for the silly season and has us closet-crushing seriously hard.

STYLING ALISSA THOMAS.
PHOTOGRAPHY JASON IERACE.



Dress, \$570, Yeojin Bae.
Heels, \$219.95, Tony Bianco.
Bracelet, \$129, Samantha Wills.
Ring, \$249, Swarovski.

OPPOSITE PAGE
Dress, \$320, Alice McCall.
Earrings, \$89, Krystle Knight.
Bracelet, \$149, Mimco.
Cuff, \$169, Samantha Wills.



Dress, \$129.95, Ruby Sees All. **Heels**, \$100, River Island. **Ring**, \$99, and **bracelets**, \$149 each, Samantha Wills. **Necklace**, \$299, Mimco.

OPPOSITE PAGE

Dress, \$595, Zhivago. **Bracelets**, \$212 each, Coordinates Collection.







Shawl, \$12.95, Forever 21.
Dress, \$199, Maurie & Eve.
Heels, \$189.95, Werner @
Styletread. **Earrings**, \$24.99,
Lovisa. **Bracelet**, \$270,
Coordinates Collection.
Ring, \$139, Samantha Wills.

OPPOSITE PAGE

Blazer, \$440, **top**, \$220,
and **shorts**, \$240, Alice
McCall. **Earrings**, \$99,
Samantha Wills. **Necklace**,
\$49.95, and **bangle**,
\$129.95, Liberté. **Ring**,
\$249, Swarovski.







Playsuit, \$360, Alice McCall.
Earrings, \$599, Swarovski.
Bangle, \$69.95, Mimco.

OPPOSITE PAGE
Dress, \$890, Aje.
Heels, \$219.95, Tony Bianco. **Earrings**, \$219, Samantha Wills.

Hair Sarah Laidlaw/
Union. **Make-up**
Sarah Tammer/
Vivien's Creative.
See cleo.com.au for
stockists' details.

THE Pink PRINCESS

A visit to the majestic grounds of Honolulu's The Royal Hawaiian hotel will have you seeing the summer through rose-coloured glasses.

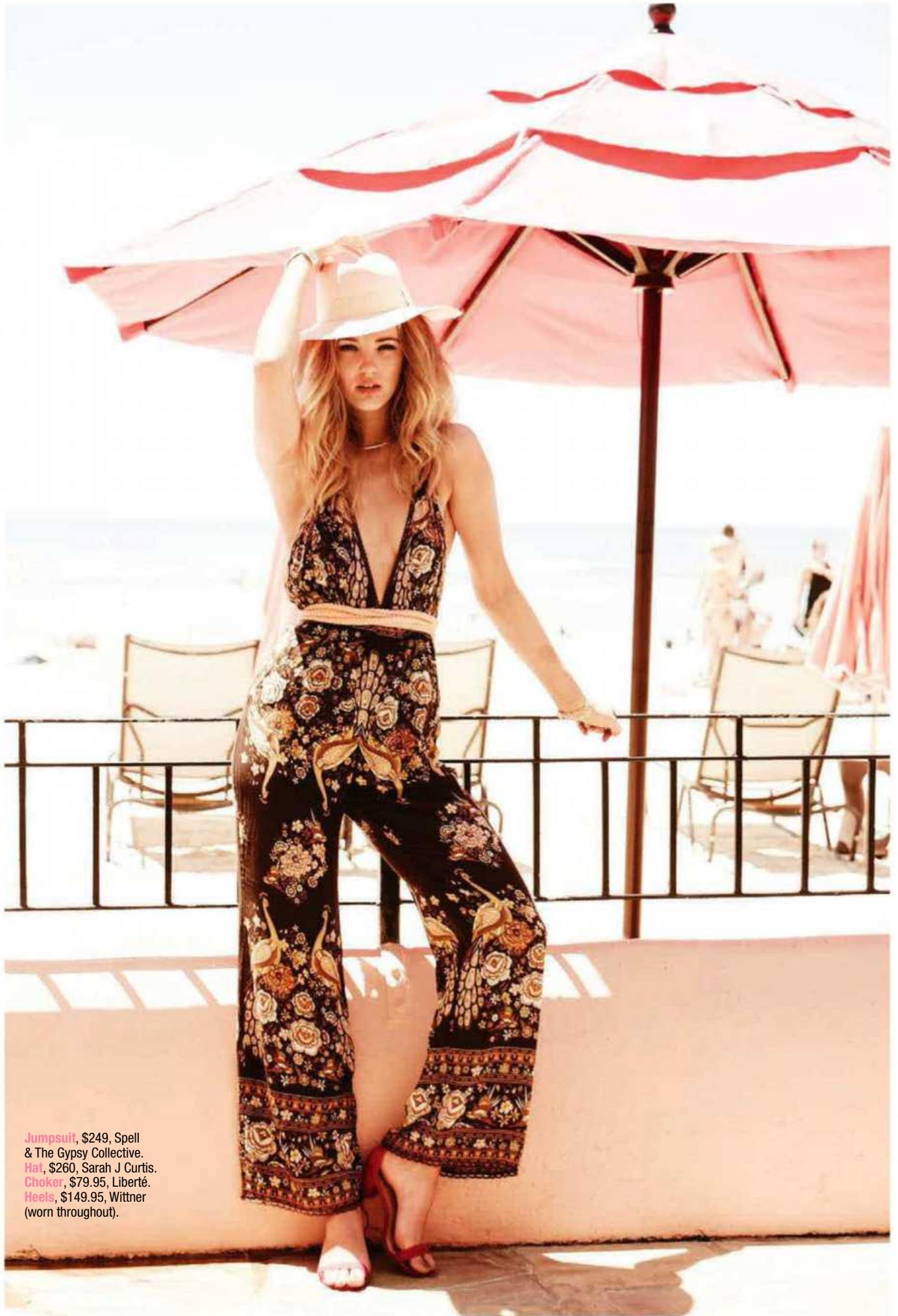
STYLING ALISSA THOMAS. PHOTOGRAPHY KRISTINA SOLJO.





Bikini top, \$45.99,
and **bottoms**, \$49.99,
Billabong. **Hat**, \$260,
Sarah J Curtis. **Ring**,
\$40, Kookai (worn
throughout). **Bracelet**,
\$199 (part of set of
six), Samantha Wills
(worn throughout).
Necklace, \$49.95,
Liberté. **Bracelet**,
\$29.99, Lovisa
(worn throughout).

OPPOSITE PAGE
Dress, \$499, Coco
Ribbon. **Sunglasses**,
\$350, Sunday
Somewhere.
Necklace, \$49.95,
Liberté. **Bracelet**,
Lovisa, \$29.99. **Belt**
(part of the Spell &
The Gypsy Collective
jumpsuit, p58). **Heels**,
\$149.95, Wittner
(worn throughout).



Jumpsuit, \$249, Spell & The Gypsy Collective.
Hat, \$260, Sarah J Curtis.
Choker, \$79.95, Liberté.
Heels, \$149.95, Wittner
(worn throughout).



Top, \$59.95, The Fifth Label. **Shorts**, \$159.99, Kachel. **Sunglasses**, \$410, Sunday Somewhere. **Bangle**, \$149, Samantha Wills. **Bangle**, \$79.95, Liberte.



TIP

For a glowy complexion poolside, apply **Bondi Sands Everyday Gradual Tanning Milk Face**, \$19.95, before bed, and wake up looking sun-kissed.



Dress, \$289, Spell & The Gypsy Collective.
Sunglasses, \$385, Sunday Somewhere.
Necklace, \$49.95, Liberté.

OPPOSITE PAGE
Bra, \$49.95, Somedays Lovin. **Jumpsuit**, \$189.95, Maison Scotch. **Earrings**, \$169, Peter Lang. **Belt** (part of the Spell & The Gypsy Collective jumpsuit, p56).

Jumpsuit, \$390,
Alice McCall.
Sunglasses, \$39,
Mambo. **Bracelet**,
\$35, Kookäi.



Dress, \$280, Talulah.
Jacket, \$219.95, Maison Scotch. **Sunglasses**, \$350, Sunday Somewhere.
Necklace, \$49.95, Liberté.

Hair and make-up

Budi Juspandi/Union.

Model Brooke/Vivien's.

Videographer Ben

Hansen/Bauer Media.

Shot on location at The

Royal Hawaiian, Honolulu

(royal-hawaiian.com). The

team flew with Jetstar

(jetstar.com.au) to Hawaii.

FASHION FILM

Go behind the scenes on our
shoot at The Royal Hawaiian hotel
by downloading the free **viewa**
app and scanning this page.



SHOP THE SHOOT

Hawaii dreaming

Make a staycation feel like a trip to paradise with these pretty picks.

1 Clutch, \$70, Kookai. **2 Top**, \$59.95, MinkPink. **3 Bikini top**, \$129.95, and **bottoms**, \$84.95, Isola. **4 Shorts**, \$59.99, Rip Curl.

5 Heels, \$199.95, Lovisa. **6 Bikini**, \$59.99, Rip Curl. **7 Hat**, \$29.99, Rip Curl. **8 Jumpsuit**, \$129.95, Somedays Lovin.

9 Earrings, \$9.95, Lovisa. **10 Crop top**, \$29.95, Forever 21.

11 Necklace, \$59.95, Liberté. **12 Dress**, \$19.95, Forever 21. **13 Shorts**, \$20, Supré. **14 Sunglasses**, \$270, Sunday Somewhere.

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CHIC PARTY

Bring on the Christmas drinks and summer nights out with these closet-changing party hacks.

STYLING LEDA ROSS.

PHOTOGRAPHY DAVE WHEELER.

CO-ORD

This is the trend that just keeps on giving.
Mix and match for double the wear.

Top, \$92.99, and shorts,
\$92.99, Honey & Beau.
Heels, \$169, Guess.
Earrings, \$129, and ring,
\$89, Samantha Wills.





A full-page photograph of a woman from the waist up, wearing a black dress with a feathered hem. She is looking down and to her right. She has dark hair pulled back and is wearing a pair of large, rectangular earrings. She is holding a small, light-colored clutch bag.

LIGHT AS A FEATHER

Only minimal accessories needed for a frock with touch-me texture.

Dress, \$550, West 14th. **Earrings**, \$9.95, Colette by Colette Hayman. **Bracelet**, \$220, Samantha Wills.

SHIMMY AND SHINE

A soft, neutral lip with bold, look-at-me lashes will prevent sequins from looking too OTT.



Dress, \$139, H&M. Heels, \$249, Mimco. Earrings, \$129, Samantha Wills.



PYTHON PRINT

A fierce print paired with a pop of colour will start the party.



Dress,
\$180,
Kookai.





THE **CLEO**
LOOKBOOK

Boys'
Club

Effortless summer style is all about androgynous tees, relaxed denim and baseball caps.



2



3



4



5

1 **Jacket**, \$35, River Island.
Singlet, \$89, Third Form.
Jeans, \$139.95, Bardot.
Shoes, \$249, Senso.

2 **Jacket**, \$36, River Island.
Jeans, \$335, 7 For All
Mankind. **Earrings**, \$12,
River Island. **3 Jacket**,
\$599, Gant. **Top**, \$59.95,
Rolla's. **Shorts**, \$149,
SJK. **Sneakers**, \$140,
New Balance. **Hat**, \$28,
Brixton. **4 Vest**, \$160,
Nike. **Crop**, \$79, SJK.
Pants, \$19, Emerson @ Big
W. **Shoes**, \$44, River Island.
Bike, \$349, Nixycles.

5 Jacket, \$119.95, Stüssy
@ Glue Store. **Sports bra**,
\$45, Nike. **Shorts**, \$99,
House Of Cards. **Shoes**,
\$179.95, Lacoste.

6



7



8



9



10



10 Dress, \$249, Pfeiffer.
Socks, \$16.95, Happy Socks.
Sneakers, \$29.95, Rubi Shoes.
Hat, \$32, Brixton. **Earrings**,
\$59.95, Liberté. **Headphones**,
\$179.95, Marshall. **Bag**, \$260,
Sunday Somewhere. **11 Shirt**,
\$69.95, Bonds. **Pants**, \$285,
Natalie Chapman. **Hat**, \$12.95,
Cotton On. **Watch**, \$625, Follie
Follie. **Rackets**, stylist's own.
12 Top, \$139, Tommy Hilfiger.
Skirt, \$30, and **belt**, \$12,
Supré. **13 Overalls**, \$59.95,
Nineteen. **Singlet** (worn
underneath), \$59.95, Bardot.
Sneakers, \$140, Puma.
Watch, \$679, Glam Rock.

11



12



13



SALON-PERFECT SMOOTHNESS AT HOME

Recreate the day-spa feeling in the comfort of your own home with a professional-quality wax-warming system from Veet. Viva la summer!

As it uses the same hot-wax methods salons use, the Veet Spawax is a professional quality product for waxing.



Veet Spawax has two refills with six stripless wax discs. Use four for half legs, one for your bikini line and one for underarms. The only trouble is deciding what fragrance to pick! Choose from Purple Lily and Sugar Fig, or White Orchid and Vanilla.

With its strip-free technique and resin based formula, the wax is easy to work around the curves of your body. This means that even tiny hairs as short as 2mm can still be removed.



WE'RE BRINGING THE SALON TO YOUR OWN HOME!

Get pampering this weekend, thanks to Veet Spawax. The Spawax Kit includes delicious Purple Lily and Sugar Fig fragranced wax discs that give you silky-smooth legs, underarms and bikini lines. No longer a tricky situation, the process is simple and enjoyable – and there won't be any waxy mess afterwards! With the pod's red glow giving off relaxed vibes, it's the ultimate beauty experience.

What beauty feels like: veet.com.au

HOW TO USE:
Quick, convenient and oh-so easy in just four steps.

STEP 1 Place the wax discs inside the pot and turn it on. Veet Spawax melts and heats the wax to its ideal temperature in 30 minutes, staying at that level.

STEP 2 Next up, scoop the wax on to the spatula and apply a layer of wax that's the thickness of an orange peel in the direction of your hair regrowth.

STEP 3 Leave for 30-60 seconds or until the wax becomes dry to touch. Holding your skin tight, pull the strip back against the direction of hair growth.

STEP 4 When you're all done, clean away any wax residue using some used wax or baby oil. Voila!



Veet Spawax Stripless Wax Warming Kit, \$59.99; Veet Spawax Stripless Wax Refills in two fragrances: Purple Lily and Sugar Fig or White Orchid and Vanilla, \$14.99.

PARTY LOOKS, FRESH FRAGRANCES
AND PERFECT POLISHES

Beauty

GLAM SQUAD

Add a touch of luxe to your go-to beauty routine with these chic products. Nothing beats pure black and gold.



1 Laya by Ne'emah EDP 100ml, \$98. 2 Bondi Sands Liquid Gold Self-Tanning Dry-Oil, \$19.95. 3 Real Techniques Bold Metals Collection 100 Arched Powder Brush, \$65. 4 Napoleon Perdis Miss Pink Mist Boudoir Blush, \$50. 5 Kit Cosmetics Nail Polish in Patent Leather, \$15.95. 6 Michael Kors 24K Brilliant Gold EDP 50ml, \$110. 7 Avon Anew Ultimate Night Multi-Performance Cream, \$50.

TWILIGHT ZONE

In a party panic? Relax! From the genius winged-liner to the hottest new lip shade (it's purple, in case you were wondering), these magic make-up hacks are designed to glam you up fast and last all night long.

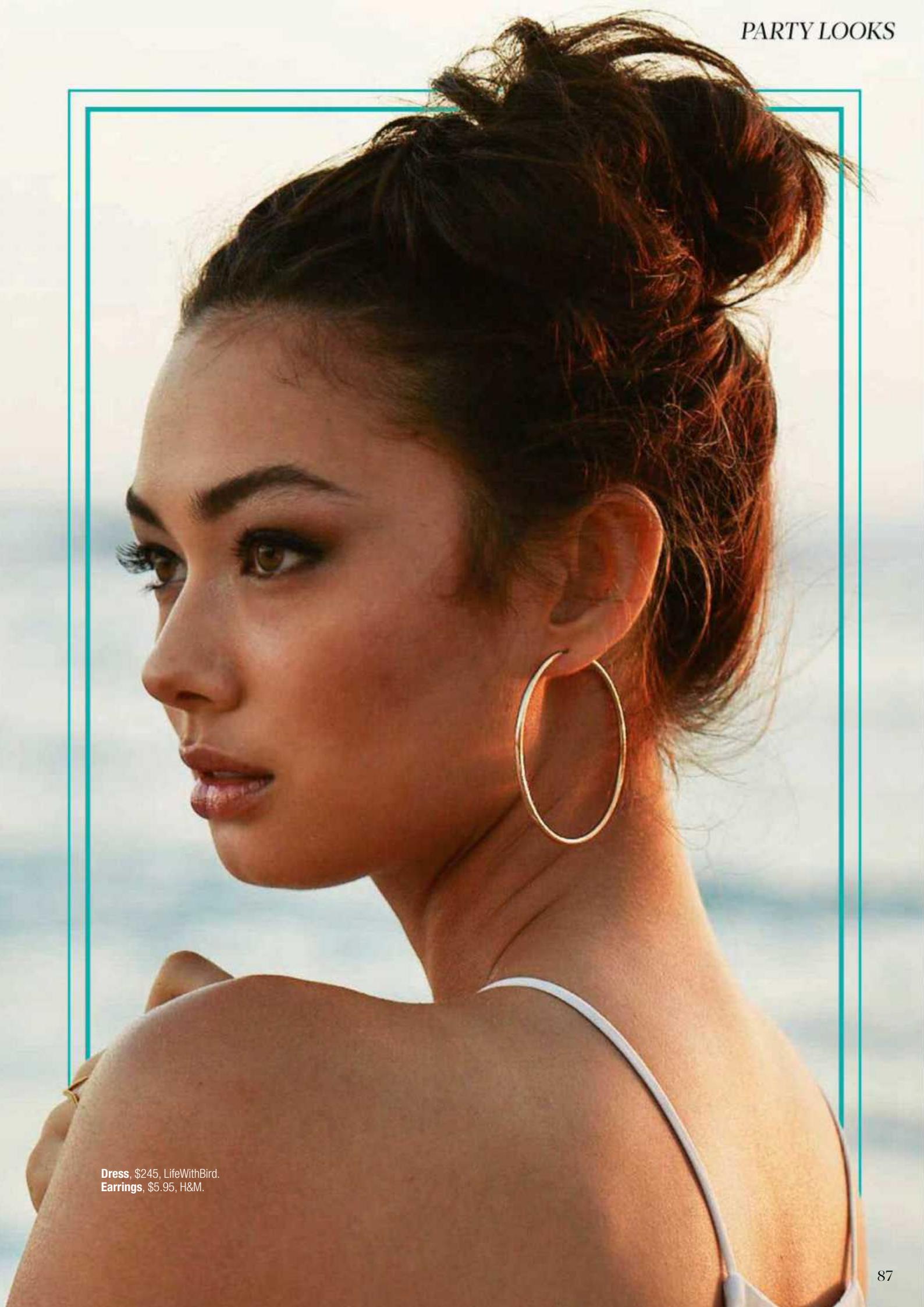
EVENING DEW

It's all about enhancing your skin's texture, not masking it. Creating that dewy feel using correctors, enhancers and balms is more low maintenance than you think. Make-up artist Budi Juspandi (who created these looks) suggests layering a quenching serum under a moisturiser with a few drops of a liquid illuminator mixed in. "This will give skin a deep hit of hydration and mimic the radiance of healthy glowing skin," he says. Press on to

your cheeks, temples and brows, and allow to soak for 10 minutes. Apply a sheer foundation to even out your skin tone, then swirl some blush on the apples of your cheeks. Then, dust on a shimmer-free face powder that's one or two shades warmer than your skin tone over your forehead, chin and under cheekbones for subtle sculpting. Lastly, pat highlighter on top of your cheeks, brows and eyelids for a glossy highlight. ►

1 Napoleon Perdis Dreamy Duchess Blush Cream, \$50. **2** Bobbi Brown Face Highlighter Pen in Seashell, \$72. **3** Make Up For Ever Ultra HD Invisible Cover Foundation, \$62.





Dress, \$245, LifeWithBird.
Earrings, \$5.95, H&M.

Top, \$139.95, Keepsake.
Bangles (pink), \$59,
Limedrop. **Bracelet**
(silver), \$349, Sollis.



PURPLE REIGN

Traditionally, scarlet lips rule the party stakes, but this time purple has the edge on allure. "It can be bright, vamp and also barely there, so you can pick your shade according to your personality," explains Juspandi. Start by moisturising with a lip balm, which Juspandi says plumps and smooths the lips. Next, pat on the colour gently with your fingertips,

to let "some of your lips' natural texture show through," he adds. A highlighter on the Cupid's bow will create fuller-looking lips, so dip your lip brush in a powder or liquid highlighter and lightly trace the top of your lip line. If purple lipstick is a little too much for you, go for a fuchsia gloss; it's much more subtle.



1 L'Oréal Paris Infallible Lip Gloss in Who's The Boss, \$21.95. **2** Estée Lauder Pure Color Envy Matte Sculpting Lipstick in Stronger, \$50. **3** Palmer's Cocoa Butter Formula Ultra Moisturizing Lip Balm SPF15, \$3.69.

Swimsuit, \$195,
Fella. **Earrings**,
\$209, and **necklace**,
\$179, Bowerbird.

FIERCE FELINE

While perfecting the cat eye takes practise, this wing is speedy – all you need is washi tape to get that perfect flick. Simply tape it down in an upwards direction on the outer corner of your eye towards your temple.

Next, using gel eyeliner and a small eyeliner brush, paint along the top of your lash line extending out along the top of the tape.

According to Juspandi, the liner can be as thick as you want, based on how dramatic you'd like to go. Dress up the lids with a sparkly shadow beforehand as fun eyes are always a good idea going into the PM. Finish with two coats of black mascara to add volume and definition to the lashes. ►



1 Klara Cosmetics
Shimmer Eyeshadow
in Rose Gold Nude,
\$20. 2 Nars Audacious
Mascara in Black Moon,
\$39. 3 MAC Fluidline
Liner in Blacktrack, \$32.



Top, \$149, We Are Kindred. **Earrings**, \$80, Naomi Murrell. **Necklace**, \$50, Kookai.

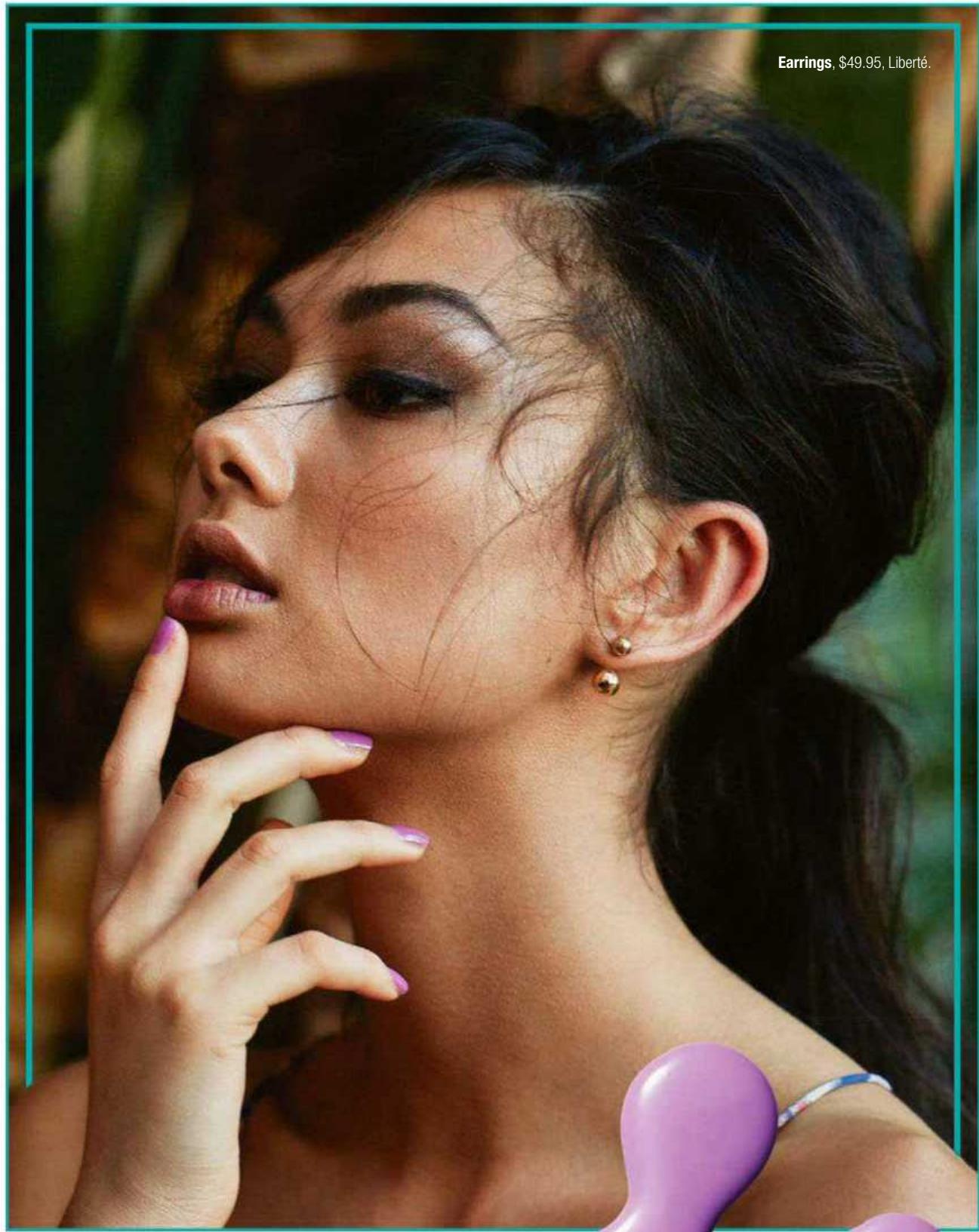
GLITZ IT

Don't get us wrong, lashings of sooty kohl is a fail-safe evening look, but sometimes you want the eye impact without all the mess and fuss. So how do you bring definition and an elegant finish to eyes? "Try a combo of brown sparkly eyeshadow with plum along the socket line and under the eyes," suggests Juspandi. "It adds definition, and keeps things soft and pretty. Plus, metallic tones reflect light back around your eyes so they look brighter," he adds. Make sure you blend well and apply lots of jet black mascara to top and bottom lashes to finish off the look.

1 Revlon Lego Eyeshadow in Plum, \$9.95. **2** Rimmel London 24HR Supercurler Mascara, \$17.95. **3** Bobbi Brown Sparkle Eye Shadow in Cement, \$48.

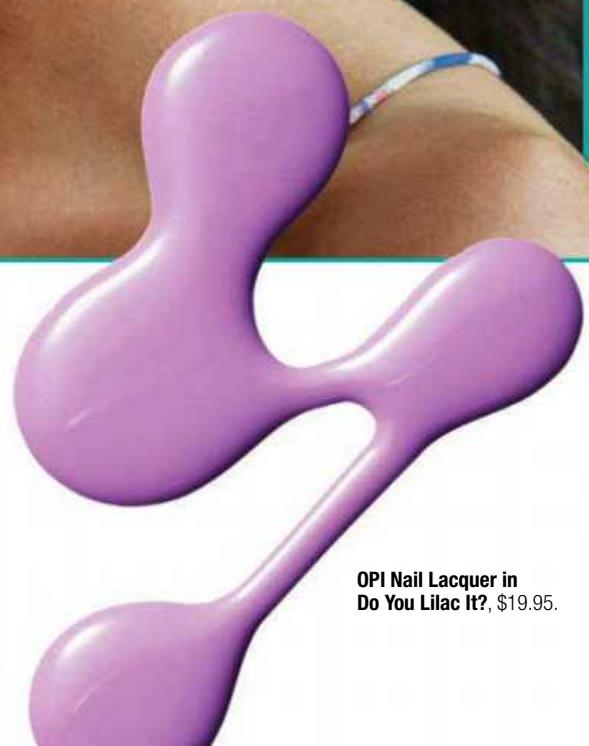


Earrings, \$49.95, Liberté.



PRETTY DIGITS

When it comes to your nails, hues like plum, dark red and black instantly say party, but it's time to go retro with a pastel shade instead. "Light purple is so on-trend for nails this summer and adds edge to evening hues," Juspandi says. Make sure your nails are in good condition – which means no bitten or jagged edges – as lighter shades of polish will magnify every nail drama. For a long-lasting touch, apply a gel top coat like **Sally Hansen Gel Shine 3D Top Coat**, \$16.95. This one contains vinyl and a gel-tech formula so it will add extra shine and longevity to the polish. ☐



OPI Nail Lacquer in
Do You Lilac It?, \$19.95.

'90s NOSTALGIA

There are past trends we'd rather file away in the 'never again' folder (like over-plucked brows), but we are loving that these looks are making a comeback.



NOW



THE TREND: Flat twists and butterfly clips

REVIVE IT FOR: New Year's Eve

Remember when school discos were a sea of flat twists and butterfly clips? It was seriously the 'do of the decade. Now you can slay similar styles over New Year's, minus the butterflies. To keep the '90s vibe, take style cues from Sofia Richie and braid multiple sections of your hair tightly to your head corn-row style, creating a faux undercut look. Secure each braid in place with clear hair elastic and pop in a hair ring, like **Sportsgirl Gypsy Hair Rings**, \$12.95 (for set). For an edgy look, rather than tying off your braid at the bottom of the ear, up your hair game by taking it from root to tip – perfect for dancing.

TIP

Pre-braid tip, pop a root volumiser in your hair and work it into your locks from the roots to mid-lengths. This'll give your hair more grip to braid.

THE TREND: Berry and brown lips
REVIVE IT FOR: Christmas parties

Apologies to cocktail reds and pastel pinks but, as of right now, the classic hues of the '90s are knocking them off the shelf. Yep, the burgundies, berries and muddiest of browns are making one killer comeback for the festive season. The key to pulling off a deep lip as flawlessly as Gigi is picking out the perfect shade. If you have a fairer complexion, you should opt for a pink-based berry lip, like **Clinique's Pop Lip Colour + Primer in Raspberry Pop**, \$40 (1); this will draw equal attention to your pout as well as your eyes. A confident slick of a blue-based lipstick, like **Laura Mercier's Limited Edition Lip Parfait in Creme De Cassis**, \$35 (2), will not only complement medium skin tones but make your smile look whiter. Sleek brown hues, like **L'Oréal Paris Color Riche Lipstick in Cristal Cappuccino**, \$21.95 (3), often suit olive skin tones, adding a soft plumped look to the pout. Pairing a bold berry or brown lip with subtly bronzed features and lightly dusted cheeks will give skin a pop of colour for that 'it's-almost-Christmas' glow.



CARA DELEVINGNE

THE TREND: Shimmery shadows REVIVE IT FOR: A Sunday session

We aren't suggesting you reach for the brightest blue eye shadow in the box (here's looking at you Cameron), but there are a few gorgeous, wearable ways to sport brighter shades, especially during summery nights out. Firstly, don't blanket coat your lids in one bright shadow, you want it to be a smokey eye but with colour, like Cara's. Start with the darkest shade, like **Maybelline New York Color Tattoo Eye Studio in Fierce & Tangy**, \$11.95 (1), and sweep it over the lids and along the lash line. Next, work a lighter shade of the same colour into your eyelid and blend it softly up towards the brow. Make sure you don't extend the shadow too high; you still want to be able to see a little skin under the brow. With an angled brush, gently sweep a colour, like **Revlon Colorstay Shadowlinks in Melon**, \$9.95 (2), along the bottom lash line and blend it into the outer corner of your eye. Finally, add a sweep of shimmer to the inner corners and outer edges because nothing says '90s like glitter.

NOW



LILY ALDRIDGE AND GIGI HADID

THEN



CAMERON DIAZ

TIP

An eye primer, like NP Set Eye Primer, \$19, will help your shadow last the distance, no matter how long you stay out for.



BRITNEY SPEARS

THEN



THE TREND: Body glitter REVIVE IT FOR: Summer festivals

The sparkly Spice Girls' trend is creeping its way into our festival kits in the form of cute, geometric glints of gold and silver temporary tattoos. These flashy tatts do the rounds at festivals everywhere, with celebs like Alessandra Ambrosio as fans.

Try **Luludk Moon Dance Jewelry Tattoos**, \$26 (for set). Applying them is as easy as you remember it – cut around the bedazzle tatt and place it over the part of your body you wish to stick it to, wet with a cloth and hold it against your skin for a few minutes. Then, gently peel off the backing sheet to glimpse your '90s dream. The only catch with wearing these to a festival is that they don't go well with sunscreen, so it's best to rock them during those nighttime acts. ☀



ALESSANDRA AMBROSIO

NOW

**TIP**

Get the most out of your tattoos for those big three-day festivals by making sure your skin is clean and dirt-free before applying.

Pop, FIZZ, clink!

With months of summer parties ahead, it's only fair that you smell as fabulous as you feel, whatever the occasion.



Morning

You're hitting up a champagne brunch, the first of many 'pop the bubbly' moments in your calendar this summer. The warm air is laced with subtle notes of jasmine, coffee, red and white roses, peonies and cinnamon, creating a sweet, floral scent perfect for mid-morning laughs with your go-to girl squad.

Midday

It's happy hour, the sun's still beaming, the pool is sparkling, and the cocktails and spritzers are oh-so citrus-fizz fresh. The spicy fleur scent still surrounds, but post-dip and pre-dinner, the holiday vibe has taken on some extra zest. Bring on fresh pomegranates, figs, a Long Island Iced Tea, equally fruity bergamot, lemon and bold coconut-infused fragrances. ►



1 Roberto Cavalli Paradiso EDP 50ml, \$110. **2** Tom Ford Venetian Bergamot EDP 50ml, \$298. **3** The Body Shop Italian Summer Fig EDT 50ml, \$36.95. **4** Jo Malone Mimosa & Cardamom Cologne 100ml, \$185. **5** L'Occitane & Pierre Hermé Pamplemousse Rhubarbe EDT 75ml, \$62. **6** Jimmy Choo Illicit EDP 100ml, \$145.

Evening

The sun goes down and it's time for the most memorable clink of the day – the one shared with loved ones over a festive dinner or New Year's Eve toast. You'll feel the sultry velvety aromas like caramels, and grand florals, with deep undertones of wood, walnut and musk. Together, they make for rich memories you'll want to evoke again and again (not to mention a sexy scent no-one will forget).



1 Gucci Bamboo EDP 75ml, \$145.
2 My Burberry Festive Collection EDP 50ml, \$150. 3 Prada Candy Christmas Collection EDP 80ml, \$150. 4 Miu Miu EDP 50ml, \$130. 5 Narciso Rodriguez Narciso EDT 50ml, \$109. 6 Bvlgari Eau Parfumée Au Thé Bleu 75ml, \$112.

Scent-sibility

We ask Mary Hayward, National sales training manager at Coty Australia, for her tips on building up our own long-lasting fragrance wardrobe.

The best way to test a perfume is...

"On your skin. Apply it to the inside of your wrist or forearm and allow to develop for 15 to 20 minutes. Fragrance reacts with our own body chemistry, so it smells different on each person."

For a strong and long-lasting scent...

"Apply the fragrance after a shower while your skin is warm and pores are open. Mist it across the back and front of your body rather than just on one spot. This allows for better coverage."

When refreshing during the day...

"Mist the fragrance on your arms, the back of your legs and across the back of your hair. Much like skin, hair holds fragrance and allows a scent to stay with you to be enjoyed by others." ☀

My Beauty Wishlist

For Xmas



AVAILABLE AT

CHEMIST
WAREHOUSE

my CHEMIST

mybeautyspot

Peep show



\$109.95,
Siren.



\$143,
Birkenstock
@ Styletread.



\$109.95,
Sol Sana.

1 Colour Theory Nail Polish in Deep Blue Sea, \$4.
2 W7 Nail Polish in Raspberry Sorbet, \$4.99.
3 Estée Lauder Nail Lacquer in Nude Pearl, \$38.

1 Revlon Nail Enamel in Sultry, \$13.95. **2** Nails Inc. Gel Effect Nail Polish in Queens Garden, \$27.
3 Tom Ford Nail Lacquer in Indiscretion, \$48.

1 Coat Nail Polish in Cool Kids, \$14.95.
2 Formula X Nail Color in Majestic, \$17.
3 The Nail Lab Nail Polish in Gidget, \$15.



\$24.95, Rubi Shoes.



\$79.95, I Love
Billy @ Styletread.



\$149.95, Mollini
@ Styletread.

1 Face of Australia Iconic Miss Universe Australia Nail Polish in Dress To Impress, \$4.95. **2** OPI Nail Lacquer in Tiramisu For Two, \$19.95. **3** OPI Nail Lacquer in The Berry Thought Of You, \$19.95.

1 Sally Hansen Complete Salon Manicure in What In Carnation?, \$9.95. **2** Artdeco Art Couture Nail Lacquer in Rose Bloom, \$19. **3** Maybelline New York Color Show Nail Polish in Bouquet, \$5.95.

1 Face Of Australia Iconic Miss Universe Australia Nail Polish in It's My Universe, \$4.95. **2** The Nail Lab Nail Polish in Lola, \$15. **3** Bobbi Brown Nail Polish in Bordeaux, \$36.

A pair of cute summer sandals demand toes that are as hot as the weather. Introducing 30 need-in-your-life colour combos that will literally polish off your look.



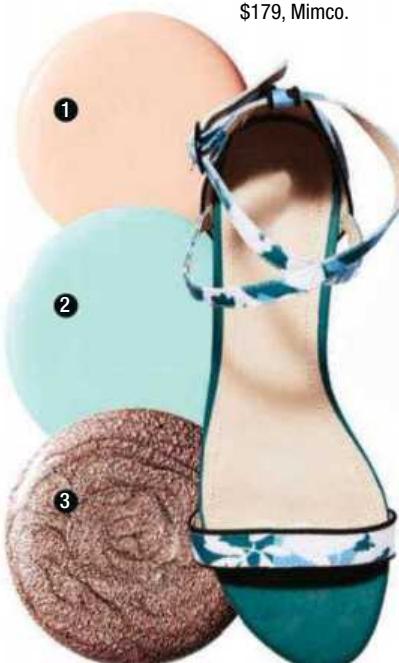
\$199, Mimco.



\$229, Mimco.

1 OPI Nail Lacquer in Gelato On My Mind, \$19.95. **2** Scout Cosmetics Nail Lacquer in Be My Lover, \$19.95. **3** Rimmel London Sweetie Heart Matte Nail Polish in You're Mine, \$5.95.

1 Essie Nail Lacquer in Garden Variety, \$16.95. **2** Revlon Nail Enamel in Provocative, \$13.95. **3** Sally Hansen Complete Salon Manicure in Pardon My Garden, \$9.95.

\$89.95,
Just Because
@ Styleread.

\$179, Mimco.

1 L'Oréal Paris Color Riche Nail Polish in Insolent Magenta, \$7.95. **2** Revlon Parfumerie Scented Nail Enamel in Orange Blossom, \$15.95. **3** Burberry Nail Polish in Oxblood, \$29.

1 Face Of Australia Calypso Bay Nail Lacquer in Itsy Bitsy Bikini, \$4.95. **2** Artdeco Art Couture Nail Lacquer in Begonia Bloom, \$19. **3** Mavala Nail Polish in Petunia, \$8.50.

TO-DIE-FOR TOES

MONIKA CARVALHO, CO-OWNER OF SYDNEY'S THE NAIL LAB, SHARES HER TIPS TO TAKE YOUR TOES FROM TATTY TO TANTALISING IN NO TIME.



BUFF THE ROUGH

Months of boot-wearing means your now-exposed feet need a scrub. Ditch dead skin with an exfoliating foot file and, as Carvalho instructs us, "Do a dry buff before soaking. It's the best way to remove dead skin as it allows greater grip."



BOOST MOISTURE

Combat cracked heels and dry skin by massaging feet with a rich moisturiser every morning and night. "Not only will you give them a lick of moisture, but you'll stimulate blood flow to the nail bed promoting nail growth," Carvalho explains.



SHAPE IT, BABY

Clip off any excess nail length by using stainless steel straight-edged nail clippers. Plus, as Carvalho suggests, invest in a fine grit file. "Filing in the one direction, shape your toes into this summer's most popular toenail shape: the squoval [square with rounded edges]. This suits most feet shapes and helps to prevent ingrown toenails," she says.



NOT SO CUTIE-CLE

Carvalho recommends using an exfoliating cuticle softener daily to naturally scrub away unruly cuticles. Gently push them back with an orange wood stick.

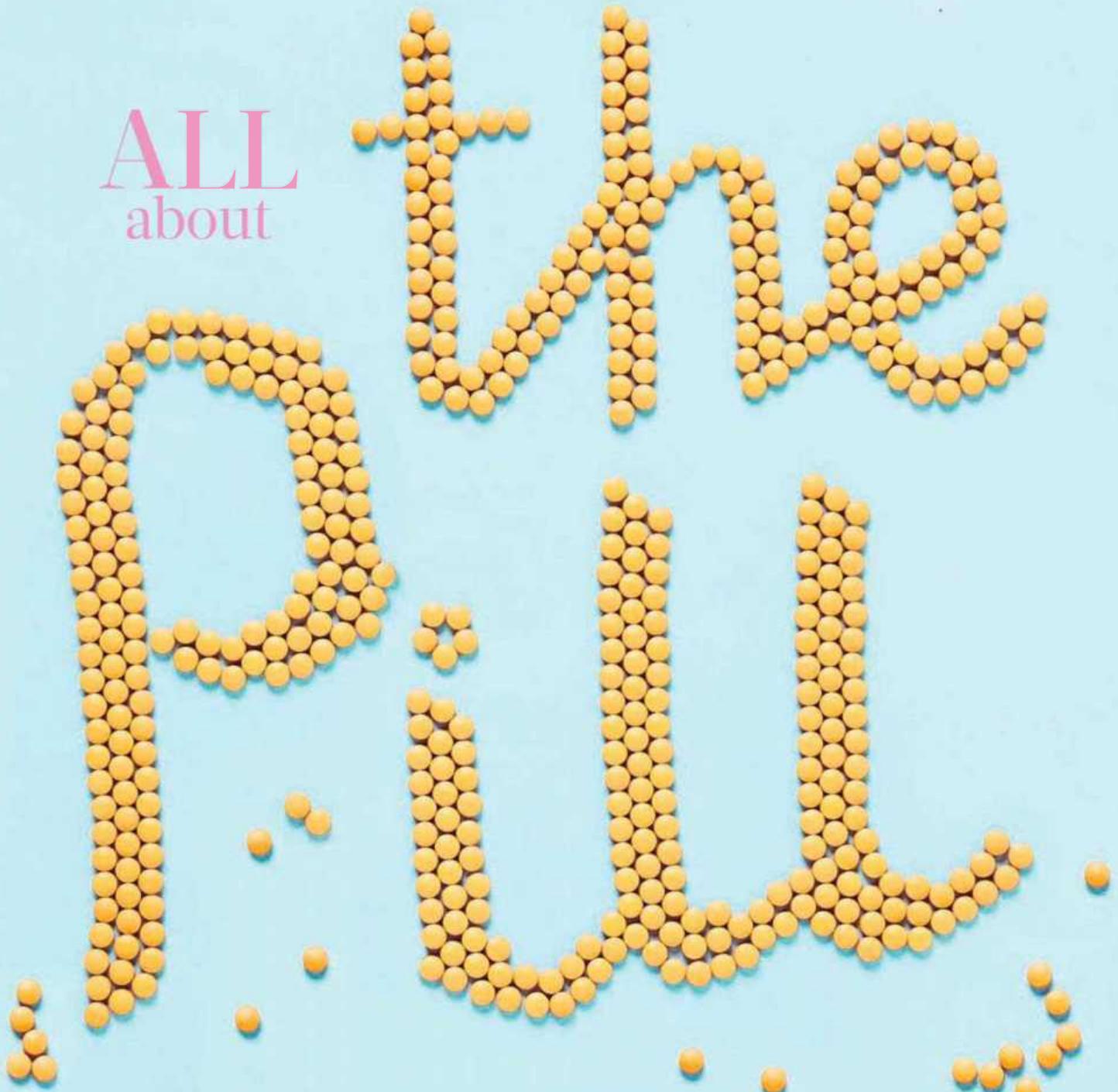


PERFECT POLISH

When bedazzling your digits, always use a base coat, two to three coats of colour and a top coat. Carvalho's top tip: A drop of cuticle oil on each toe after polish will keep them nourished and give a smudge-free pedi. ☚



ALL
about



Aussie women love the Pill, with up to 80 per cent of us taking it at some stage of our life. But how much do we really know about those tiny tablets we're popping each day?

Whether you've been on the Pill for five years or five months, or you've recently thought about changing your contraception, you've probably got a niggling question (or 12) about the side effects that might come with it. Why did I get that random spotting last month? Is the Pill the reason I can't lose that extra couple of kilos? What if I keep forgetting to take it? Will it kill my sex drive? With so many myths floating around, we've got the real facts – straight from the doctors' mouths.

Will the Pill have an affect on my future fertility?

"No – in fact, the Pill is sometimes prescribed for people with irregular cycles for a couple of months to try and improve their chance of getting pregnant," explains women's health expert Dr Laura Edwards. "There is no 'set time' to come off the Pill before trying to get pregnant, but most women choose to come off for a few months, partly to get an idea of their 'normal' cycle."

Will I put on weight?

"The manufacturers would say, 'The Pill does not make you fat,' but there are definitely people who claim it did," Dr Edwards points out. "The Pill can make you retain water, but this will usually go away once your body has adjusted to the new hormones after about a month or two. Some people might notice a very slight increase in appetite if their Pill contains progesterone (most do). But again, this should level out after a few months."

Will it clear up my skin?

This is what docs call a 'non-contraceptive benefit'. "It is very good for acne because of the oestrogen content," explains Dr Deborah Bateson, Medical Director at Family Planning NSW (fpnsw.org.au). "It increases the sex hormone-binding globulin, and reduces circulation testosterone. For most women, it can be used as acne treatment. There are some Pills that might be better for it than others, so it's a matter of working that out with your doctor."

Will it alter my mood?

While this isn't a definite side effect, it could occur. "It can have an effect on mood, but there is no association with depression, so that's important," Dr Bateson says. "[Mood swings] may not happen to you at all, but you do need to be aware [of them]. If it's having a negative effect, talk to your doctor and try to find an alternative Pill."

Will it decrease my libido?

As our experts say, this is a tricky one. "I always warn people that it can affect libido, but it's unlikely," Dr Edwards explains. As Dr Bateson tells us, there are many factors that can contribute. "Our libido is so multi-faceted. Depending on what's happening with your relationship, with work... It's easy to blame something like the Pill, but it can actually be a whole host of things."

Is it bad to take it non-stop for years?

"Some women stay on the Pill for over 20 years, and there are no problems with taking it long-term unless you have certain risk factors, like high blood pressure or smoking," says Dr Edwards. But there is a reason your doctor will only give you so many months' worth of repeats. "I always do a check-up every year while women are on the Pill to make sure they are safe to continue, and are aware of the risks and benefits."

Does it cause any random spotting between periods?

Because nobody likes that between-period surprise! "In the first few months when the body is getting used to the Pill there may be spotting," Dr Bateson warns. "[Your doctor] might want to trial another Pill, and should be able to find one where spotting isn't a problem." If you've been on the Pill for ages and spotting is a new addition, see your doctor. "We would want to investigate that, just to make sure there is nothing else going on."

Will it change my boobs?

Did your chest quickly expand a few sizes after starting the Pill? (This could be a welcome addition for some of you.) "Some Pills can cause breast tenderness or enlargement but this usually settles down pretty quickly," Dr Edwards confirms. "For those who find it an issue, switching to a different Pill with a lower dose or different form of oestrogen or progesterone usually helps."

Do I have to take it at the exact same time every day?

"Have a cue so you remember at the same time each day, like when you brush your teeth, or set up an app on your phone to remind you," Dr Edwards suggests. But if you do forget, don't stress! "You can take it when you remember, as long as it has been less than 24 hours from when it was due." Just check this with your doctor when you first start. "Also, if you have vomiting or diarrhoea you should treat it as a missed Pill and use additional contraception for seven days," Dr Edwards adds.

Should I be scared of blood clots forming?

This is the big one that most of us freak out over, but as Dr Bateson points out, there's no need to panic. "There are scares in the media sometimes. It's important for us to be able to put those into perspective. For most people taking the Pill, there is a small increased risk of blood clots, but that risk is incredibly low," she explains. "What we need to make sure is that you as an individual woman don't have increased background risk factors for blood clots [like a family history]." ☐

ORAL HISTORY

Get schooled on the Pill's big historical, political and scientific moments in Oz.


1961

Australia became the second country to launch the Pill, but it was only accessible by married women.


1972

Gough Whitlam got rid of the luxury tax on contraceptives and put the pill on the National Health Scheme list.


1992

Oral contraceptive pills that also contain cyproterone acetate (an ingredient used specifically to treat acne) were released.


2009

Pills containing oestradiol, which is also known as the natural form of oestrogen, became available in Australia.

NEW PILL ON THE BLOCK

There's been a lot of hype about the newer 'no-period' 'no-PMS' Pills like Yaz and Yasmin, which have slightly different hormone formulations. They have been promoted by drug companies and are more expensive than the traditional Pills. But does this new wave of contraceptive pills mean they're better than the older ones?

"They haven't been around for as long so we don't have as much information about any potential complications," says Dr Edwards of these Pills. Recent studies appear to show women taking newer forms of the Pill have a slightly elevated risk of developing blood clots. "It is best to try a standard Pill first and if it's causing side effects or not fixing your acne, for example, then it might be useful to try a newer Pill containing a different type of progesterone," Dr Edwards advises.

Nikki Van Dijk

Tyler Wright

GET INSPIRED!

We know how hard it is to get out of bed feeling motivated (love you, snooze button), so we asked two of the world's best surfers to share their "up and at 'em" tips.

Aussie Rip Curl ambassadors Nikki Van Dijk and Tyler Wright can usually be found gliding along a wave somewhere that looks like a Corona ad. But while we'd rather be on the beach with a ice cold bevvie in hand, these ladies spend their time training, training and more training. If anyone can school us on pulling energy out of nowhere, it's these two.

1 HOW DO YOU START THE DAY?

NIKKI: "Depending on where I am in the world I usually start my day with exercise. If I'm in the middle of a contest I always surf early before it starts. If I'm in-between contests, I go for a run."

2 IS STAYING MOTIVATED ALL THE TIME EVER A PROBLEM FOR YOU?

N: "Of course it is! I love lounging around in my pyjamas. I also love the feeling of getting out and about, and making the most of every day, I think that's what keeps me motivated."

TYLER: "High energy isn't really a long-lasting thing for anyone, it comes in waves. I've lived from both states of energy myself and I like living from a stable energy, the kind where I won't burn out or break down every couple

of months. Otherwise, you're constantly chasing that peak. You'll never be content just to live your life."

3 WHAT DO YOU GUYS THINK IS THE SECRET TO LIVING A HEALTHY LIFE?

N: "Find balance in everything you do and enjoy whatever it is you're doing!"

T: "Something I find naturally healing is to be in nature. We are surrounded almost 24/7 with distractions and we forget that one of the best things for us is to be in nature, to breathe fresh air and to take five minutes just to be still. We're always moving, thinking, stressing, worrying about things and it's so easy to get fried. Taking five to 10 minutes a day just to be still almost feels like a refresh button."

4 WHAT IS SOMETHING YOU FEEL MOST PEOPLE GET WRONG WHEN IT COMES TO LIVING A HEALTHY LIFESTYLE?

N: "I'm not too sure if you can get it wrong. As long as people are trying to change and make healthier decisions, then that's a good start."

T: "Failure doesn't exist when you learn something."

5 WHO INSPIRES YOU IN YOUR LIFE?

5 N: "[On Instagram], @fullyrawkristina is amazing. I love the food she prepares. I'm vegan so I'm really interested in raw foods and new plant-based creations."

T: "I've had a lot of help from many people. My brother Owen is always there for me, along with the rest of my family, of course. With Owen also being a professional surfer, he has a really good understanding of everything. And recently I've been meditating and reading books on freeing the mind. It's changed my life in the best way possible."

6 DO YOU HAVE ANY TIPS FOR SURFERS WHO WANT TO GET TO YOUR LEVEL?

N: "Have fun whatever level of surfer you are and just go with the flow."

T: "Just do it, have fun and don't give a damn what you look like while surfing." ☀

NIKKI VAN DIJK'S GO-TO SMOOTHIE RECIPE

YOU'LL NEED:

- 1 cup coconut water
- ½ cup ice
- ½ banana
- ½ cup mixed berries
- ½ cup spinach
- ½ cucumber
- ½ cup water

TO MAKE:

Combine all the ingredients and blend until you achieve the consistency that you like. Enjoy it as a quick brekkie snack or on a balmy arvo.

WANT TO feel this good?


YOU'LL NEED:

- YOGA MAT
- 1-2KG DUMBBELLS
- CHAIR OR COUNTERTOP AT WAIST HEIGHT TO USE AS A BARRE SUBSTITUTE

Guess what you're about to have in common with Margot Robbie and Rosie Huntington-Whiteley? And we mean besides the zero-sh*t-given attitude when rocking those high-waisted short-shorts. Well, after trying this amazing routine created by Barre Body founder Emma Seibold for CLEO, it'll be a love of ballet-inspired workouts. Emma's style, in particular, is a fusion of yoga, Pilates and ballet.

"Barre Body takes all the best bits of each workout: the flow and flexibility through yoga, combined with the stability and core strength of Pilates, and also the grace and body toning via barre conditioning exercises," Emma tells us.

"One of the amazing things about this style of fitness is that we work the smaller supportive muscles and that's what creates the beautiful look of length in the body," she adds. "It's also a great complement to running or hiking because it creates stability in the body as well as tone. It's really fantastic for core strength." Emma recommends doing barre at least three times a week to see results. Give it a go at home tonight with these starter exercises. ➤

1 Port de bras with weights



1 Holding a dumbbell in each hand horizontally, stand with your heels together and toes pointing out to form a narrow 'V' shape.

2 Bend your knees over your toes and lift your heels up about 3cm, pressing your heels firmly together. Round your arms and lift the weights in front of you into a low position at belly-button height.

3 Pilé (bend your knees) deeper and lift up your rounded arms to the first position at chest height. Next, rise back up to the starting position. Repeat slowly 10 times.

4 Keeping in the plié position, pulse up and down for 20 counts. Finally, hold the plié for a count of 10.



Emma says:

"Barre shapes your body faster than anything else. You'll see results in just 10 classes. It's changed my body like no other exercise ever has."

2 Wide second-position pliés



1 Stand with your feet at least a metre apart, toes pointing outwards. Bend your knees over your toes with your arms rounded in front of you at chest height. This is the first position.

2 Make sure your shoulders are in line with your hips and draw your lower belly in to engage your core.

3 Straighten your legs and slowly open your arms out wide to the second position. Then return to first position.

4 Repeat this 10 times slowly, then pulse for 20 counts, and finally hold in first position for a count of 5-10.



3 Arabesque on all fours

- 1 Start on all fours. Extend one leg out behind you at hip height.
- 2 Squeeze your glute muscles to lift your leg up just 1cm, hold for a second, and lower. Repeat this 10 times slowly and 10 times quickly.
- 3 For the second phase, bend your knee above at a 90-degree angle.
- 4 Again, squeeze your glute muscles to lift your leg 1cm, hold, and lower. Repeat this 10 times slowly and 10 times quickly. Change legs.



4 Oblique core work

- 1 Lie on your mat and bring your legs to a tabletop position at 90 degrees. With your hands behind your head, curl up lifting your shoulders off the mat.
- 2 Straighten your left leg and cross your left elbow to your right knee.
- 3 Without lowering the shoulders, straighten your right leg and cross your right elbow to your left knee.
- 4 Repeat 20 times slowly, then 20 times at a faster pace.



5 Parallel thigh work

- 1 Stand in front of a barre (you can use a chair or kitchen counter as an alternative) with your feet and legs pressed together. Lightly touch the barre for support.
- 2 Rise all the way up on to your tiptoes and bend your knees out so they track in the direction of your toes. Hold this bent-knee position.
- 3 Make sure your whole body alignment is correct by imagining there's a straight line from your ears, your shoulders and down to the hips. Draw your lower belly in to engage your core.



HOW TO BUILD YOUR EMPIRE

Ever dreamt of making money from your hobby? We caught up with the brains behind three successful businesses who all prove you can create the gig of your dreams.

Georgia (right) with her wingwomen, Bianca (left) and Alex (centre).



MEET THE #GIRLBOSS FROM *May The Label*

Since starting her fashion brand from her Melbourne home, Georgia Coote's style success continues to soar. Now even Kendall Jenner rocks her threads!

Tell us, how did May The Label start?

"I saw this gap in the market for easy, wearable pieces that are also affordable. I had started a fashion sales agency and added my own product called May The Label. It sold really well in stores, so I knew I was on to the right kind of aesthetic."

What were some of the problems you encountered at the very beginning?

"I needed money to start up, so I took a \$10,000 business loan from the bank to register a business name and pay for the first sample collection, sewing labels, swing tags and travel expenses to Indonesia, which is where the product

Georgia's office reflects her style: totally chic and sleek.



was being manufactured in the initial stages. Getting the loan wasn't easy, because when you're starting a business you don't have any projected sales to show the bank, so you have to provide your business plan and convince them it's going to work. Somehow I managed to get it across the line."

When did you decide that you needed to hire some extra hands to help you design?
"The orders were increasing and there was too much stock to keep in my small house, so I moved into an office and hired [online coordinator] Bianca Gugliotta and [designer] Alex Apostolidis."

"HAVE A BUSINESS PLAN, KNOW YOUR POINT OF DIFFERENCE AND HAVE A SOLID WORK ETHIC."

Where do you find your style-spiration?
"Inspiration isn't too difficult to come by these days, especially with Instagram and fashion bloggers on social media. These days, we sort of see inspiration without really looking for it, which is great."

What advice would you give a budding fashion designer or entrepreneur?
"Have a business plan, know your point of difference and have a really solid work ethic. If you're going to go ahead with opening your own business, you have to give it 100 per cent commitment and be present at all times."

Keen to pick up some May The Label pieces? Check out maythelabel.com.



MEET THE MASTERMIND OF *The Social Petwork*

After six unfulfilling years working in an office, Anna Bennison turned her love of pooches into a successful and professional dog-walking business.

Was starting this business always your dream?
"Yes! I've always wanted to work with dogs, but for the first few years of my working life, I didn't have enough faith in myself to follow my real passion. I started off working as a receptionist at a fashion house, then I got into public relations and found that I was always unhappy. Then, I applied to study animal care at TAFE and I've never looked back."

What were some of the steps you had to take in order to build The Social Petwork?
"Setting myself targets helped a lot. Every year I've set myself a goal that has motivated me to continue building the business. And at the beginning I did lots of flyer handouts at pet-related events, like markets and animal charity events, in my local area."

What's been the most rewarding part so far?
"The dogs see me as a friend who picks them up when they're lonely or bored, so you can imagine how excited they get when they hear my van pull up! I've developed very close bonds with all the dogs I walk."

Have you faced any challenges along the way?
"Being self-employed has made it hard for me to take time off, as my clients rely

on me to walk their dogs while they're at work. Also, dog walkers are expected to work rain, hail or shine, so there are days when the winds are strong and it's pouring rain and I will be out in the park with the dogs."

What do you believe is the main reason that your dog-walking business has kept going for an amazing five years?

"I would have to say most importantly being responsible and reliable is a huge factor and maintaining relationships with my clients. Communication is a huge part of my job."

"THE DOGS SEE ME AS A FRIEND WHO PICKS THEM UP WHEN THEY'RE LONELY OR BORED."

If you could give just a few pieces of advice to someone who wants to start their own business, what would they be?

"It's important to gain as much experience and knowledge before starting your own business. In the early stages, I helped out a dog walker, and that's when I really fell in love with the job. It also helped me see how others ran their business and gave me the chance to think about mine." ➤

Do you want your pooch to get in on all the Social Petwork fun, too? All you have to do is click on thesocialpetwork.net.au to find out how.



Chester (left) and Matt run quirky short courses.



UNLEASH YOUR INNER AWESOME

BOOK A COURSE:
LEARN @
WORK-SHOP.COM.AU

X
LIKE US @
FACEBOOK.COM/
WORKSHOP
AUSTRALIA



INTRODUCING THE GUYS FROM **Work-Shop**

From painting classes to learning how to cook doughnuts, Matt Branagan and Chester Garcia are inspiring people to tap into their creativity with their arty business, Work-Shop. And as it expands across Oz, it's fair to say they're killing it.

So, what exactly is Work-Shop?

Chester: "It's basically a hub where we try to inspire people to get back in touch with their creative side."

Matt: "It's a place people can come to learn new and exciting skills in arts, crafts, music, food, gardening... the list goes on, really."

How did the idea come about?

M: "I think arts in Sydney, where we started, can be a bit exclusive, so we wanted to make it accessible for people to come in and connect with creatives who are doing some genuinely cool stuff."

C: "We felt we could make the cultural landscape a little more exciting."

Tell us about the classes that are currently being taught at Work-Shop.

M: "Terrarium building is always pretty popular, as is Young Henrys brewing day and Trolley'd cocktail classes."

C: "We've also got The Alchemy of Tea which is always a great class, and the ukulele lessons are a bunch of fun. We've essentially tried to put together a really fun and quirky range to try to appeal to as many people as we can. Every month we just sit down and do a dream list of classes (basically, what's the raddest stuff

you could possibly learn?). And then we hunt down teachers to fit those classes.

M: Flirt Academy and Craft Singles are also crowd-pleasers..."

Craft Singles?

M: "Yep. Think 16 girls, 16 boys and eight craft challenges. As you work your way around the room, you meet each person and the challenge acts as a good ice-breaker because you're creating something together. There have been a few hook-ups, and even some making out during class!"

C: "Sydney is a hard place to meet people, so we thought we'd run some cool events around that and try tying it in to what we do well, which is craft."

And you run classes with Etsy as well...

M: "Etsy was looking for a platform to engage the community and saw us as a nice little vehicle to do that. We love Etsy – what they do, their values – so we now facilitate their master classes."

What has been your biggest highlight in the running of the business so far?

M: "Work-Shop grew exponentially in a year, and it's nice to have people recognise the brand. Getting people in to collaborate is always really satisfying."

C: "The highlight (and I get to see it every night at the end of the class) is watching the reaction of people as they look at what they have created. They've stepped outside of their comfort zone, which takes courage. It's fulfilling, actually." ☀

"THERE HAVE BEEN A FEW HOOK-UPS, AND EVEN SOME MAKING OUT DURING CLASS."



To see what's on at Work-Shop in Sydney, Melbourne and Brisbane, see work-shop.com.au.



WORDS AND INTERVIEWS MATTHEW GALEA,
RIKKI HODGE, SMITH STAR NOBLE, PHOTOGRAPHY
JAMES EVANS AND PAUL SUESSEBAUER MEDIA.

Q Can you be festive & frugal?

A Yes – yes you can! Money expert **Melissa Browne** shows us how.

Being into high heels, frocking up and bubbles, I'm obviously a fan of the festive season. But it also leaves me a bit queasy, and not just because of all the champagne. This time of year is just so damn expensive!

There are the catch-ups with friends, family and colleagues, the new outfits to splurge on and the masses of presents you have to buy. But while we want to be generous to those who matter to us, remember they wouldn't want you to get into money trouble by buying something expensive. It's all about sitting down and working out a budget so you're not in debt once the tinsel is packed away.

So if you – like most of us – struggle to keep your finances under control at this time of year, these tips are my Christmas gift to you. Happy holidays!

1 Write a list for everyone who you need to buy for, then put an amount next to each person's name and each total amount. If the total isn't realistic or is more than you are able to spend, then consider culling your list or reducing the individual amounts. Sure, it might sound stingy, but it will save you from going into full-on panic mode when your credit card statement arrives in January.

2 Talk to your friends and family about putting a limit on the amount that you're going to spend on each other, or organise a Secret Santa where each of you purchases for one person only. This works really well if you have a large family or a massive group of mates.

3 Feeling especially cash-poor at the moment? Give the gift of your time, and create vouchers for your friends and loved ones rather than presents – just like you did as a kid. It could be to style your sister for a night out, wash your dad's car or type up your brother's uni notes. If you're creative, use your skills to bake, sew, write or paint your presents instead.

4 If you've got nieces, nephews or younger cousins, prevent yourself from spending crazy amounts of money by going halves with a sibling or family member and splitting the cost of their presents. Alternatively, if your little relatives are all living in the one household, you could give a gift to the whole family rather than individual ones for each (think something that the whole lot of them would love like a boardgame or DVD boxset).

5 If you're feeling uncomfortable about the amount of money you're spending on presents, why not encourage your friends and family to donate a portion of the amount you would have spent on each other to charity. You could still buy something fun and cheap for each other as well, or alternatively spend some time together.

6 If you're hosting a Christmas party, work out your budget for food and drinks and ask guests to help out by bringing nibbles or bevvies. You could also consider co-hosting (and splitting the cost) with a pal.

7 Defer all your present-buying and Christmas shop at the sales instead. Sure, you're supposed to give before or on the big day, but if you can halve the cost of your presents or double the bang for your buck by waiting a day or two, then it's kind of worth it, right? You could also give out vouchers or cash and shop the January sales together instead. Double the fun! ☺



Melissa Browne is CEO of accounting firm A&TA and author of *Fabulous But Broke* (The Messenger Group, \$29.95).

THE CLEO LIST

WE'VE GOT THE LOWDOWN ON DECEMBER'S HOTTEST PRODUCTS



1 JOB INSPO

Want a satisfying career that makes a difference to the everyday lives of young people? Study our nationally recognised Diploma Of Youth Work (CHC50413), and give young people a voice. acap.edu.au/courses/youth-work/

3 FRESH FEELS

Dinners! Drinks! Dancing! Summer is busy enough as it is without having to stress about anything else. SOFY BeFresh features Australia's first clean barrier technology designed to draw the liquid from the surface, leaving you feeling fresh. Bring on the rest of summer! \$4.99, sofybefresh.com.au.



THE CLEO CLICKS



NATURAL WOMAN

My Organics Restructuring Shampoo will be your hair's new BFF. Made with essential oils and extracts of silk, it contains chamomile that moisturises and softens your hair. Just \$14.99, chemistwarehouse.com.au.



VODKA CRUISER COMP

Want to live like a full-on rockstar? You could win your ultimate backstage rider, by simply hitting up backstagerider.vodkacruiser.com.au.

2 PIC ME!

Transform your smartphone into the digital equivalent of an instant camera. Just download the free instax SHARE app onto your phone or tablet, take a picture and wirelessly print cute instax prints that'll fit in your clutch. Visit fujifilm.com.au for more.



4 WAX OFF

Finally, salon-perfect smoothness at home! Veet Spawax is your new professional quality wax warming kit that melts and maintains wax at its ideal temperature. Available at all leading supermarkets and pharmacies. Veet Spawax Stripless Wax Warming Kit \$59.99. Veet Spawax Stripless Wax refills \$14.99 veet.com.au.



Culture

MUSIC, MOVIES AND CHRISTMAS GIFTSPOT

Heroine HIT

Krysten Ritter plays a superhero-turned-sleuth in Marvel's new bingeworthy TV treat, so get couchside, stat.

If you keep hitting up *Daredevil*'s Netflix page to see if a second season has materialised out of nowhere, stop right now – there's a new show that might also satisfy your comic-book cravings. Say hi to the hot-tempered, sardonic Jessica Jones (Krysten Ritter), a former superhero suffering from post-traumatic stress disorder who now works as a private eye, fronting her own detective agency. But don't expect her to be on a self-righteous mission to save the world against creepy villains with mad fighting skills like her fellow Marvel characters. Jessica makes shady deals, drinks to excess and sleeps with a few people she probably shouldn't. Superheroes: yep, they're just like us. ☑

Marvel's Jessica Jones is streaming on Netflix now.



Helena



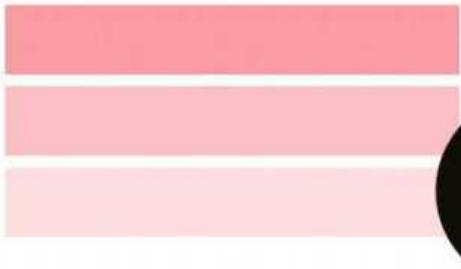
The
Faders

The RISE of the AUSSIE FEMALE DJ



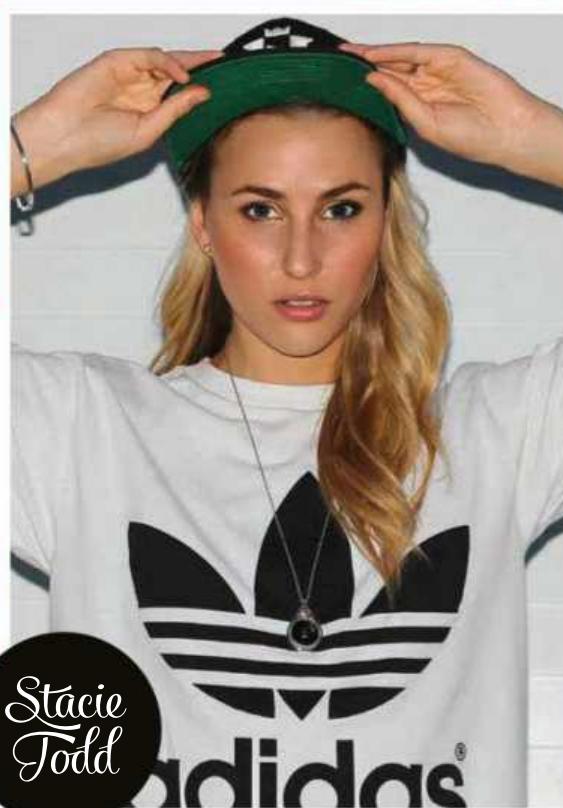
DJ
Tigerlily

We speak to the four homegrown acts who are making noise in more ways than one.



Stacie
Todd

adidas



Some say that the journey to music-industry success is messier than ever – an artist faces multiple routes that intersect, fog up and mostly lead to dead-ends. But while both genders have played a vital part in shaping genres of modern pop music today, it hasn't been as rosy for the female DJ to track down adequate opportunities and gain due respect as it has for her male counterparts.

But in recent years, a growing number of electro queens are spinning the status quo the other way. Artists like Nina Las Vegas have not only gained widespread recognition for their talents, but also for flipping the bird at the male-centricity in the electronic dance world.

Down Under, females DJs are rising to the top of year-end 'best of' lists, and thanks to their creativity and unwavering determination are able to use turntables to turn the tables on the industry.

Here, DJ Tigerlily, Stacie Todd, Helena and duo The Faders (Milly Gattegno and Suhana Lye) – who've all raised oceans of arms on dancefloors here and around the world – give us insight into what it's like to be total girl bosses.

HOW WOULD YOU DESCRIBE YOUR SOUND?

DJ TIGERLILY: "I play and produce vocal big room house! Sometimes I might even write something that lends itself to a more pop sound, or alternatively electro-house."

HELENA: "My sound is big and most of the tracks have the same kind of energy to really get you moving."

THE FADERS: "Fun! Our music is like being at an awesome house party and every song, you want to get up and dance to."

STACIE TODD: "I always play to the crowd. Sometimes my music will be tropical and perfect for a beach party, but at festivals I play 'big room' EDM that will have you jumping with your hands in their air."

CAN YOU TELL US A BIT ABOUT WHAT IT MEANS TO YOU TO BE SUCCESSFUL?

DT: "To me, it's achieving and realising worthy personal goals – a continued expansion of internal happiness, physical wellbeing and spiritual enlightenment."

H: "To be happy that I'm obtaining my personal goals and achievements, and to have enough money to be content and live a decent life."

TF: "Happiness and life experiences."

ST: "To bring people together with great music and be surrounded by positive, happy and uplifting vibes."

WHAT ATTRACTED YOU TO THE ART OF DJING?



"You take the crowd on a musical journey while also adding your own performance elements."



"The freedom to be creative with what music I play and how I can keep the crowd full of energy."



"My love for music and a passion for the art of it. It was a very natural progression for me."



"The music! It's so much fun to be out in a club or at a party, playing the music that we love."

A FEW MONTHS AGO, NINA LAS VEGAS CALLED OUT LISTEN OUT FESTIVAL ON BEING THE ONLY FEMALE DJ ON THE LINE-UP. SHE'S A CHAMP OF ANTI-SEXISM IN THE MUSIC INDUSTRY TOO. DO YOU HAVE ANYTHING TO ADD?

DT: "The only change is going to come from inspiring young girls to pursue their creativity. There are a lot of inspiring Aussie women: Anna Lunoe, Alison Wonderland, Nervo, Nina. If we focus on all of their successes, the positive energies will bring a new generation to life."

You have to be more determined. Like in life or career, if you make enough noise, you'll get noticed regardless of what sex you are.

HAVE YOU ENCOUNTERED HURDLES THAT WOULDN'T EXIST IF YOU WERE A MALE?

ST: "There's always those few people that judge me before hearing me play. They see a blonde model/DJ and think 'Oh, she's booked for her looks'. Nothing makes me happier than proving them wrong and seeing their mouths drop."

DT: "I think people in general very quickly second-guess females and are happy to make excuses for their success, i.e. 'I bet she didn't write that song.'"

H: "You have to be more determined in many ways. Like any area in life or career, if you make enough noise, you will get noticed regardless of what sex you are."

WHAT ADVICE WOULD YOU GIVE TO YOUNG DJS?

TF: "It's so much fun! Don't take it too seriously and only do it if you love it."

TL: "Don't get caught up in industry bullshit and gossip. Stand true to what you believe in and how you want to create yourself. Your musical journey belongs to you and only you, so own it."

H: "No DJing in bikinis if you want to be taken seriously. There are plenty of 'hot' ladies killing it because they are talented. Get in the studio, learn music production. A big track can catapult you overnight in some places. If you want it bad enough, go get it! Everyone started in the same place regardless of how successful they are now. They worked for it."

YOUR DREAM COLLABORATION?

DT: "Vocally I'd love to write a tune with Katy Perry. I'm obsessed with Troye Sivan so writing with him would be amazing."

ST: "Nervo! I look up to them, not so much their music but their style and how they interact with the crowd as well."

TF: "Kanye West. We love him."

DESERTED ISLAND TRACK, ALBUM OR MIX?

TL: "Switch Tape Mixtape by Tkay Maidza, produced by Paces."

TF: DJ Moto's 'Clubjoint 1' or 'Beauty Behind The Madness' by The Weeknd."

H: "I'm in love with The Weeknd."

ST: "Thomas Jack and Kygo, jamming to tropical vibes, or I'd have them with me and the three of us can play together." ☚

See DJ Tigerlily, Stacie Todd, Helena and The Faders at Stereosonic (stereosonic.com.au).

TV movies & MUSIC Reads



THE SOUNDS OF SUMMER

WE HUNG OUT WITH MUSOS OF THE MOMENT WHO ARE ALL DOING THE MUSIC FESTIVAL CIRCUIT THIS SUMMER: PEKING DUK, DISCLOSURE AND CHVRCHES.



NOVEMBER/DECEMBER

PEKING DUK

What's the worst you could do at a festival?

Adam: "Smashing drinks too quick."

Reuben: "Bring down the lines! Open more bars! We should see twice as many bars at every festival!"

Had any crazy on-stage experiences?

Adam: "A kid came up on stage and was dancing so hard that she fell and snapped her teeth. The next day, she posted on our Facebook page, saying, 'Thanks guys! Best time ever!' What a legend!"

Playing at Stereosonic: Sydney, Perth, Melbourne, Adelaide and Brisbane.
From November 28-December 6



DECEMBER/JANUARY

DISCLOSURE

What's the weirdest thing that you've ever witnessed at a music festival?

Guy: "At Glastonbury last year, I walked into an area that looked like an underwater rave. Every single person in the crowd was dressed as a squid [laughs]."

What's the funniest experience that you've had in Australia so far?

Guy: "When an Australian man explained the term 'ranga'. I thought 'Oh my god, I can't believe that is a real expression!'"

Playing at The Falls Music and Arts Festival: Lorne, Marion Bay and Byron Bay.
From December 29-January 3



FEBRUARY

CHVRCHES

What's your festival fashion advice?

Lauren: "Wear sensible attire! I always want to point out to that it's going to get f*cking cold later [laughs]."

What's your fave Aussie slang word?

Lauren: "My management company is based in Australia and there's this person in the office who always abbreviates my name. Sometimes it's Laurza, sometimes it's Laurzo. I really like the buddy nickname culture [in Australia]."

Playing at Laneway Festival: Adelaide, Brisbane, Sydney, Melbourne and Fremantle. **From February 5-14**

GIRLS' NIGHT IN binge queens

This weekend, gather your friends for a glass of wine (or three) and settle in for a TV marathon. Here are our favourite shows, starring some seriously feisty females.

FOR ALL THE FEELS...

GIRLS

SEASON 4 ON DVD DEC 9

We're still not sick of sharing Hannah's (Lena Dunham) fails, wins and 'What am I doing with my life?' moments. We. Want. More.



FOR LADY PERVS...

HART OF DIXIE

SERIES 1-4 ON DVD DEC 2

This much drama, romance and hot, shirtless neighbours couldn't possibly fit in the one show. But somehow they just do...



FOR GIRL POWER...

REIGN

SERIES 1-2 BOXSET
ON DVD DEC 2

Mary, Queen of Scots (Adelaide Kane), does *Gossip Girl* power plays, Renaissance style. Long may she reign.



FOR THE LOLs...

AMY SCHUMER: LIVE AT THE APOLLO

ON DVD DEC 9

One thing that we've learnt? Ms Schumer is the new queen of comedy. Bow down.



TOUR DATES

Taylor Swift

Nov 28-Dec 12.

Sam Smith

Nov 28-Dec 12.

Rudimental touring with Ed Sheeran from

Nov 28-Dec 9.

Ed Sheeran

Nov 28-Dec 9.

ED SHEERAN

THE UNLIKELY NUCLEUS OF MUSIC

You may think of Ed as the red-headed crooner that your mum listens to while she vacuums, but after looking at the acts who are about to tour Down Under, it seems Ed is actually the head of the pop-music pack.



RUDIMENTAL

These Brits are supporting Ed on his Aussie tour. The boys have supported him on previous tours and according to Kesi from Rudimental, Ed sure knows how to party.

TAYLOR SWIFT

Taylor and Ed have been best mates ever since they collaborated on Taylor's single "Everything Has Changed". He supported her on the US leg of the Red Tour to back it up.

SAM SMITH

Ed surprised fans when he joined Sam on stage at Manchester's Albert Hall last year to perform a killer duet of "Stay With Me". You can also thank Ed and Sam for your afternoon naps; they are collectively responsible for 11 songs on Spotify's most-popular 'Sleep' playlists. Oh, and get this – Taylor, Ed and Sam were all nominated for Grammys in 2015 and Sam hosted a massive afterparty to celebrate. Our invite must have gotten lost in the mail...

INSTAGRAM BOOK REVIEWS

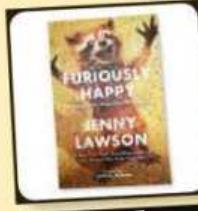


Coco Chanel: The Illustrated World Of A Fashion Icon By Megan Hess (Hardie Grant Books, \$29.95)

Style lovers, unite! This amazing guided tour of Chanel's game-changing empire is made for coffee tables (and Chrissy gifts).

Filter: Moon

#YouGoGlenCoco



#HappyGoFunny

Furiously Happy
By Jenny Lawson
(Pan Macmillan, \$29.99)

While struggling with depression and anxiety, blogger, columnist and author Lawson found the key to a happy life: say yes. Cue a series of raw and hilarious events.

Filter: Ludwig



#LifeOhLife

Big Magic: Creative Living Beyond Fear
By Elizabeth Gilbert (Bloomsbury, \$27.99)

The author of *Eat, Pray Love* (AKA the book that changed our lives) brings her next big self-helper. Be inspired to embrace what makes you different.

Filter: Clarendon



THE WAY SHE MOVES

Cool, confident and totally in control.
Ellie Goulding says and sings it like it is.

Ellie Goulding has had a huge 2015. The British singer, who turns 29 this month, broke records earlier this year by achieving an epic 15.5 million streams worldwide in one week for "Love Me Like You Do" from the *Fifty Shades Of Grey* soundtrack, followed it up with a cameo in Taylor Swift's "Bad Blood" video and travelled to Melbourne to open the AFL grand final. Now she's ending the year on a high with a US tour of her anticipated third studio album, *Delirium*. She may be a fully fledged member of the world's most famous girl gang and totally loved-up with fellow muso Dougie Poynter (who, she told us, she's ready to settle down with), but don't make the mistake of defining her by her bestie or boy. If tracks like "On My Mind" and "Something In The Way You Move" are anything to go by, this girl's got a lot to say.

WE LOVE *DELIRIUM*: WHAT INSPIRED IT?

"It's very influenced by '90s dance music, which I was obsessed with. I used to write everything with a guitar so it's got quite a lot of that back on it. It all kind of surrounds my voice and is a big pop record that's very dance-oriented."

HOW DOES *DELIRIUM* DIFFER FROM YOUR PREVIOUS ALBUMS?

"It's a lot more badass. *Delirium* still has moments of vulnerability that I like to explore about myself, but it's more energetic, uplifting and happy because I am a more positive person. I'm much more open-minded. I feel stronger."

LIKE ALL CELEBS, YOU GET CRITICISED ABOUT EVERYTHING. HAVE YOU DEVELOPED ANY TYPE OF COPING MECHANISMS?

"For me, I reckon it's gotten worse. At the start of my career, I would get bummed out over not-so-great reviews – but I have a good sense of humour, so with, say, a fashion disaster page in a magazine, I just found it very funny. Now, with social media, it's out of control with what people think they are allowed to say and do. People don't realise you are a real person. With some of the comments, I'm like, 'Damn, I would never say that to anyone.' I don't think that it's something easily changed; it's a deep-rooted problem in humans I think. It is

not the odd person being mean or insecure – we all need to have more compassion in general."

HOW DO YOU FEEL ABOUT TABLOID CULTURE?

"I find it fun to an extent – even I often read gossip magazines. But when it comes to a point where it takes over what I really do, which is being a successful musician, and instead becomes defined by things that are irrelevant, it's not really that fun. No-one should be defined by people that they have been with, people they have dated or someone that they've had a fling with. That's not fair at all."

WHAT DO YOU THINK OF THE #ASKHERMORE CAMPAIGN, WHICH URGES RED-CARPET REPORTERS TO ASK FEMALE CELEBS MORE THAN JUST WHAT THEY ARE WEARING?

"Here's the thing, I enjoy talking about what I'm wearing, but that should be a thing for men too. It's all about total

FINISH THE SENTENCE

IF I WEREN'T A SINGER...

"I would be a fitness instructor."

MY WORST DATE EVER WAS...

"When I was suddenly really ill and had to make an excuse to leave. I think it's because I nervously ate a burger really quickly. It's OK, though, we're friends now."

MY HAPPY PLACE IS... "Home in bed."

AUSTRALIA IS... "Awesome."

THE BEST PIECE OF ADVICE I'VE EVER BEEN GIVEN IS... "Always be kind."

THE BEST THING I'VE EVER WORN IS...

"The spiky Amato Couture dress I wore to the VMAs in 2013. It was epic – I felt like such a badass."

THE NEXT THING I WANT TO DO IS...

"Move my tour up to the next level and start doing some bigger shows. I can't wait to start playing the new album."

ELLIE ON FEMINISM

"There needs to be more equality. It's not about women being stronger – women are already strong."

equality. I once did an interview and we were talking about the fact that women get asked more emotional questions, like how we are affected by this or that. I have spoken to men who are in the spotlight and they never get that kind of questioning. I get asked questions that

are not relevant and not about me as a person, like all about my friends and my relationships. I find that kind of offensive. I feel like I'm an interesting person and I do have a lot of [other] stuff to talk about."

WHO ARE YOUR MUSIC ROLE MODELS?

"When I was younger, I was all about the Spice Girls. I watched the concerts on videos and had their posters all over my walls. I was obsessed."

WHAT HAVE BEEN SOME OF THE BIGGEST 'PINCH ME' MOMENTS OF YOUR CAREER?

"I've had so many special moments – too many to count. Definitely playing at the royal wedding of William and Kate, that was a pretty cool gig. I sang a Christmas carol to President Obama and that was awesome. And performing at the Brit Awards was really special to me because I watched it every year as a kid."

WHAT'S IT LIKE TO HAVE A CROWD SING YOUR OWN SONG BACK TO YOU?

"It feels epic. That's when you know you have achieved something." ☀
Ellie's album *Delirium* is out now.





The Night Before

WHO: Anthony Mackie, Seth Rogen, Joseph Gordon-Levitt

WHAT: Three best friends realise it's finally time to grow up, so for their last hurrah, they go all out and have the wildest Christmas Eve ever.

WHEN: Dec 3

Steve Jobs

WHO: Michael Fassbender, Kate Winslet, Seth Rogen

WHAT: Fassbender steps into the blue jeans and black turtleneck Apple's visionary co-founder as he unveils the game-changing iMac.

WHEN: Jan 14



Joy

WHO: Jennifer Lawrence, Bradley Cooper

WHAT: In this true story, Jen plays Joy Mangano, a single mum who invents the Miracle Mop, thereby becoming the girlboss of her own booming empire.

WHEN: Dec 26



REAL PEEPS



Love The Coopers

WHO: Olivia Wilde, Amanda Seyfried, Diane Keaton

WHAT: Another heart-warming and hilarious tale of a seriously dysfunctional family coming together for the holidays (weird grandma, included).

WHEN: Out now

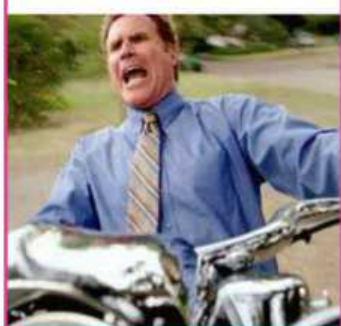
ALL THE LOLS

Daddy's Home

WHO: Will Ferrell, Mark Wahlberg

WHAT: A dorky stepdad (Ferrell) finds his masculinity majorly threatened when his stepkids' cool and equally buff dad (Wahlberg) comes back on to the scene.

WHEN: Dec 26



THE FILMS TO WATCH THIS SUMMER



The 5th Wave

WHO: Chloë Grace Moretz, Liev Schreiber

WHAT: Now that *The Hunger Games* is done, it's time for another futuristic YA adaptation to take hold. After a series of brutal attacks leave the planet in ruins, Cassie (Moretz) sets off on a dangerous mission to protect her brother.

WHEN: Jan 14

MAJOR HYPE

Creed

WHO: Sylvester Stallone, Michael B. Jordan

WHAT: Legendary fighter Rocky Balboa (Stallone) trains up-and-coming boxer Adonis (Jordan), who just so happens to be his old rival's son.

WHEN: Out now



Star Wars Episode VII: The Force Awakens

WHO: Daisy Ridley, Lupita Nyong'o, Harrison Ford, Adam Driver, Gwendoline Christie

WHAT: Set 30 years after the events of *Return Of The Jedi* in a galaxy far, far away, this highly anticipated sequel is set to bring back old faces and introduce new ones.

WHEN: Dec 17

**The Program**

WHO: Ben Foster, Chris O'Dowd
WHAT: An Irish sports journalist (O'Dowd) sets out to bring down cyclist Lance Armstrong (Foster) after he suspects Armstrong's Tour de France victories were fuelled by banned substances.
WHEN: Out now

**The Revenant**

WHO: Leonardo DiCaprio, Tom Hardy
WHAT: Leo makes a bid for Oscar glory as Hugh Glass, a fur trapper in 1900s America, who goes on an epic trek to find the man (Hardy) who killed his young son.
WHEN: Jan 7

HOT GUYS WITH BEARDS

**Freeheld**

WHO: Julianne Moore, Ellen Page, Steve Carell
WHAT: A police lieutenant (Moore) is diagnosed with terminal cancer and must challenge the system to ensure that her girlfriend Stacie (Page) is awarded her full pension benefits after she passes away.
WHEN: Out now

**Carol**

WHO: Cate Blanchett, Rooney Mara
WHAT: In the conservative 1950s of New York, twentysomething department store-worker Therese (Rooney Mara) falls in love with Carol (Cate Blanchett) an older, married woman.
WHEN: Jan 14

**The Danish Girl**

WHO: Eddie Redmayne, Amber Heard, Alicia Vikander
WHAT: This film traces the story of artist Lili Elbe (Redmayne), who, back in the 1920s, became one of the very first people in history to undergo sex reassignment surgery. True story.
WHEN: Dec 26

It's that wonderful time of year when blockbusters (and those award season-hopefuls) hit cinemas to compete for our viewing pleasure. CLEO's movie guide will help you decide which flick to drop your hard-earned dosh on...

**Room**

WHO: Brie Larson, Jacob Tremblay
WHAT: An adaptation of the novel by Emma Donoghue, this film follows Joy (Larson), a woman who has been held captive for five years. She escapes with her son Jack (Tremblay), who sees the real world for the first time.
WHEN: Jan 28

#LOVEWINS

WET MEN NAMED CHRIS

**In The Heart Of The Sea**

WHO: Chris Hemsworth, Cillian Murphy
WHAT: The true story of the whaling ship Essex, which was sunk by a very large and furious whale in 1820 – leaving the crew fighting to stay alive.
WHEN: Dec 3

**The Finest Hours**

WHO: Chris Pine, Casey Affleck, Eric Bana
WHAT: When two oil tankers are hit by a blizzard off Cape Cod on the US East Coast, the Coast Guard (led by a very heroic Chris Pine) attempts to save both crews from certain icy death.
WHEN: Jan 28

ART culture & FOOD wine

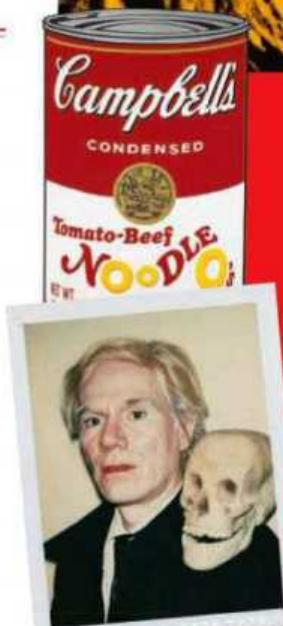
IF YOU ONLY
DO ONE THING
THIS MONTH...
#GIVINGTUESDAY

IN THIS BUSY SEASON OF BIG SPENDING, IT'S REFRESHING TO DEDICATE A DAY TO GIVING BACK – IT SHOULD BE MORE THAN ONE DAY, BUT THIS IS A START! THERE ARE MANY WAYS TO CELEBRATE THE DAY ON DECEMBER 1. DONATE TO A CAUSE YOU'RE PASSIONATE ABOUT, START A VOLUNTEER DAY WITH FRIENDS, GIVE BLOOD, SELL SOME CLOTHES FOR CHARITY. CHECK OUT GIVINGTUESDAY.ORG.AU FOR MORE BRIGHT IDEAS.

NATIONWIDE

An Evening With Oprah

Say it ain't O! The self-help guru and media mogul will be in Australia this month, dishing out advice and sharing her story with thousands of fans in this multi-city arena tour. See ticketek.com.au and get your praise hands ready. We're not worthy.



MELBOURNE

Andy Warhol / Ai Weiwei

One of the greatest artists of the 20th century, who introduced pop art to the world, is paired with one of the 21st century's best-known artists at this blockbuster exhibition at NGV from December 11. Chinese artist and activist Ai Weiwei's major works, including an installation of 1,000 bicycles, will sit alongside more than 200 Andy Warhol pieces, from his iconic celebrity portraits and soup cans to films, music and 500-plus snaps of his celeb entourage. Visit ngv.vic.gov.au for information.



SUNSHINE COAST

WOODFORD FOLK FESTIVAL

Got a surplus of festival fashion in the cupboard? There's no better way to show it off than at this six-day international music extravaganza, which kicks off on December 27. Bring in the New Year with more than 2,400 performers set on 500 acres of lush Sunshine Coast hinterland. This year's line-up is a mixed bag of country, jazz, pop and rock (you'll see Courtney Barnett and Josh Pyke do their thing on stage). The festival also features dance, poetry, talks, street theatre, circus performances, art and craft, and comedy sessions. Click on woodfordfolkfestival.com for ticket details.





HOBART

Taste of Tasmania

Grab a glass of something cold, a plate of something hot and tune in to some live bands at Tassie's big-ticket culinary event. There are five days (December 28-January 3) of local Tasmanian indulgence, alongside all the buzz of the finish of the Sydney to Hobart Yacht Race. Don't miss it! See thetasteoftasmania.com.au for more.

SYDNEY

CHRISTMAS ARTISAN MARKET

Stacking up yummy treats with a drink in hand is a superior way of doing your Christmas shopping. Pick out a handmade gift and something locally baked, pickled or smoked for your own pantry at this open-air foodie market at Hyde Park Barracks on December 17. We especially love the idea of a create-your-own gourmet hamper... for ourselves, obviously. Hey, you gotta treat yo'self. Hit up sydneylivingmuseums.com.au for more.



5 best Christmas lunches out

If you can't face spending hours cooking and cleaning up after all your relos, why not step away from the BBQ and let someone else take care of Christmas? Here are our picks of the festive spots for a Chrissy meal around the country.



MELBOURNE ZOO:

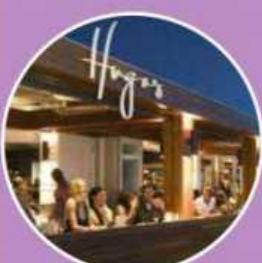
Ever considered having a Christmas lunch at the zoo? Well, you have now. The \$175pp three-course meal comes with all the trimmings, plus drinks and access to the zoo to wish the animals happy holidays. zoo.org.au



LIBERTINE: Forget the turkey and the hours spent scrubbing the oven tray. Indulge in some BBQ duck crepes and roast pork belly at this decadent French-Vietnamese spot. The eight-course menu is \$109pp, and it includes loads of beverages. libertine.net.au



MT LOFTY: Grab your best friend or partner and head to the beautiful Adelaide Hills for a chill gourmet picnic. The local cheeses and cherries will taste even sweeter after a stroll through the sweet-smelling gardens of Mt Lofty House. mtloftyhouse.com.au



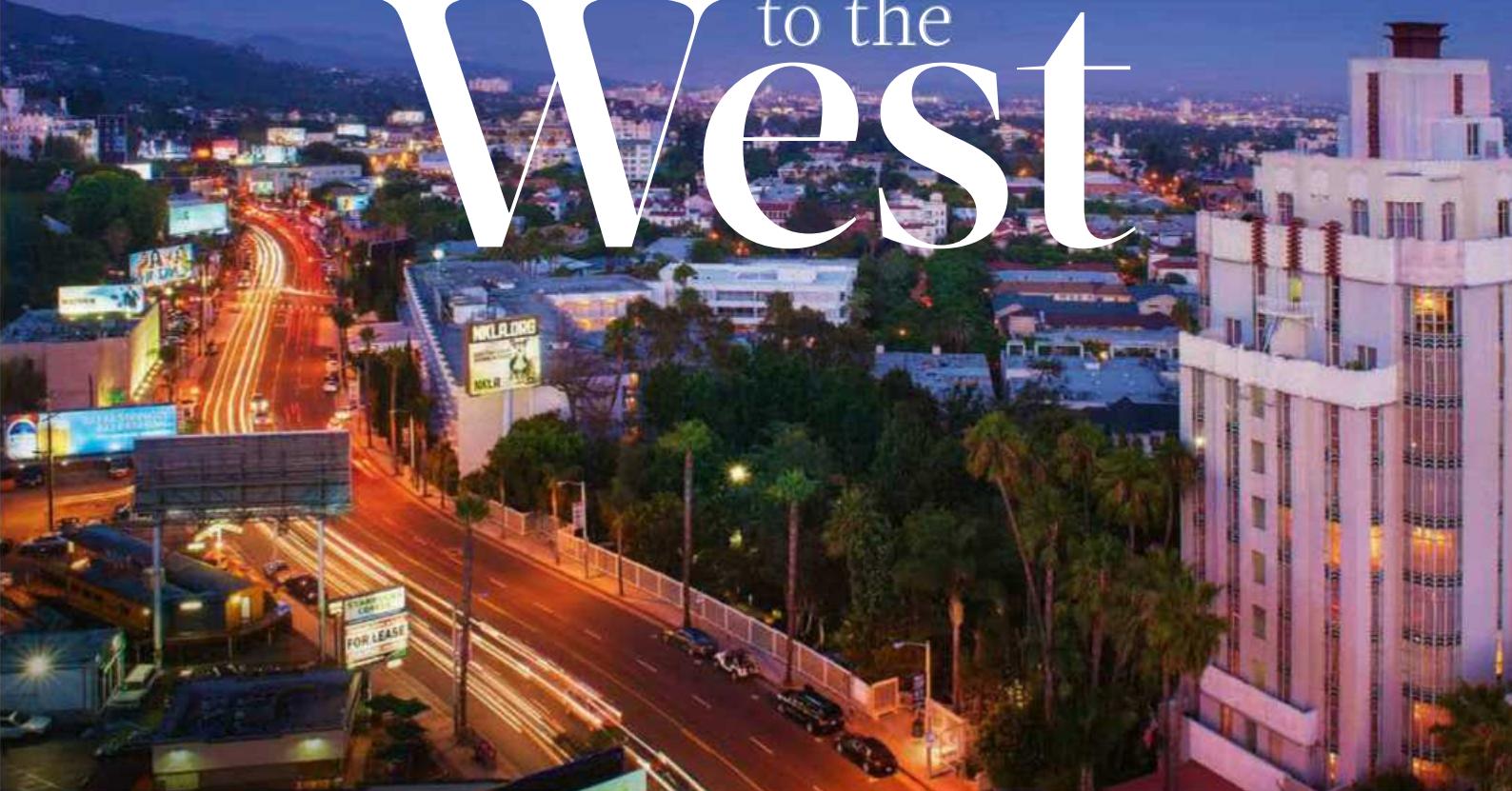
HUGO'S MANLY:

The spectacular sea view will go down well with the award-winning Italian food at this chic waterside joint. Have a cocktail or two out on the deck in the summer sunshine and order a few pizzas to share between your mates. hugos.com.au



CHRISTMAS LUNCH IN THE PARK: Embrace the spirit of the season by volunteering at Mission Australia's 40th annual Christmas In The Park. At the free event, you'll be wrapping gifts and setting up decorations. christmaslunchinthepark.com.au

WELCOME to the West



It's the hippest five square kilometres in LA, packed with local haunts frequented by your fave A-listers. **Jessica Moses** breaks down five ways to spend five days in West Hollywood so you can live the #celeblyf too.

1
DAY



The Sunset Strip will test your shopping stamina.



Squeeze in some gym time at WeHo's SoulCycle studio.



► START THE MORNING:

Kick off your WeHo trip with a SoulCycle class (soul-cycle.com) on the Sunset Strip. This indoor cycling craze has celebrities hooked – Gaga even held her 26th birthday party in their West Hollywood studio. You'll ride custom-made exercise bikes along to music in a candlelit room while instructors inspire you (as you perspire) to "live your dreams". You won't want to be a convert, but you'll leave as one, anyway.

► **NEXT:** After class, grab a green juice at Earthbar (earthbar.com) as you stroll along the Sunset Strip. Go shopping if you're up for it; you'll find H&M mixed in with

more pricey stores. Stop by Book Soup (booksoup.com) and pick up a holiday read, then head to the Drybar (thedrybar.com) to spruce up your tresses. They don't cut or colour – blowies are their business – so you will be Hollywood-ready for the eve.

► **DINNER:** If you dine at foodie hotspot Eveleigh (theeveleigh.com) chances are it will be the best meal of your trip/life. Owned by two Aussies, the food is modern, and this eatery is a marriage between everything you love about both home and LA. The rustic main dining area is under a retractable roof and you might think you were in the outback if it weren't for the LA billboards in view.

DAY 3

DAY 2

KICK OFF THE DAY: No trip to Hollywood would be complete without exercising some credit cardio. Start on Melrose Avenue; it's lined with stores Kendall and co. frequent (check out style favourites Rag & Bone for their iconic all-American denim). Next, go to N Robertson Boulevard to empty out your wallet at boutiques like 3.1 Phillip Lim and Christian Louboutin.

LUNCH: Worked up a bit of an appetite? Cecconi's (cecconiswesthollywood.com) on the corner of Melrose Ave and N Robertson Boulevard serves modern Italian at its best. Sample their cocktails and do a scan of the room for celebs ("Oh hai Ellen, is that Drake you're with?").

CHILL: Wind down more at the Kinara Skincare Clinic & Spa (kinaraspas.com), just near Cecconi's. Try their red-carpet facial and you'll be ready for your close-up.

EVENING: Now you've treated yo'self WeHo style, go to The Church Key (thechurchkeyla.com) for a tasty time. Plus, last year, UrbanSpoon (now Zomato) named this joint as one of LA's top 10 restaurants for star-spotting. Food can be ordered à-la-carte or yum cha-style, and the waiters mix drinks at the table (like alco-pops frozen in liquid nitrogen). Not feeling frosty? Indulge in a flaming dessert!

Who says you can't travel by foot in California? WeHo is the state's most walkable city.

IN THE AM: WeHo's neighbour is the glitzier Beverly Hills. Take a riding tour of the suburb with Bikes and Hikes LA (bikesandhikesla.com) and cruise past the mansions, celeb homes and landmarks, like the pastel pink Beverly Hills hotel. The tour highlight is Greystone Park and Mansion, which is worth the steep hill climb for the amazing views of LA (plus, it's a fun way to burn off last night's epic culinary activities). Loads of movies were shot here, from *X-Men* to *Spider-Man*, not to mention Rory's school on *Gilmore Girls*. After you're done 'gramming, cruise back down the hill along the LA postcard-esque palm tree-lined streets.

EAT: Hit the brakes and refuel at Gracias Madre (graciasmadrewaho.com). You can't go to LA without eating Mexican food and this is some of the best, made with vegan, sustainable and organic fare (they grow their own corn). It won't disappoint meat lovers, with tempeh chorizo and coconut bacon on the menu.

NIGHT: Start your evening at the Mondrian Hotel (mondrianhotel.com) where you can grab a drink with a view at WeHo hotspot Skybar. Once the sun sets, walk to some of the city's most iconic venues, like Whisky A Go Go (whiskyagogo.com) and The Viper Room (viperroom.com).



Palm trees for days #soLA.



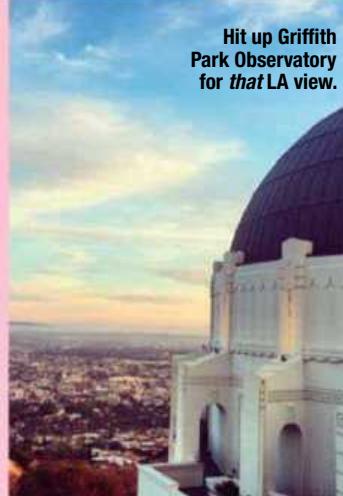
Try vegan mexican food at Gracias Madre.

DAY

4

TO DO: Combine the LA hike with star-gazing of the non-celeb variety by taking a stroll through Griffith Park and up to the Observatory. The hike takes about 2-3 hours and only requires a moderate fitness level. Along the way up is the best place to spot the Hollywood sign, and once you make it to the top you can see the city sprawling in every direction.

WINE AND DINE: Just off the Strip is the hidden oasis of the Sunset Marquis hotel (sunsetmarquis.com). Have dinner at the hotel's restaurant Cavatina, where you're likely to see a famous face. After your meal, visit Bar 1200 in the hotel's lobby. It's dimly lit and intimate, and if you're lucky, one of the musos laying down tracks in the NightBird studios (nightbirdrecordingstudios.com), which is housed down in the basement below the hotel, will be taking a mid-session break. Fact: Britney Spears, Pharrell, Katy Perry and Justin Bieber have all recorded here.



Hit up Griffith Park Observatory for that LA view.



Spot the celeb at Sunset Marquis' secluded pool.

DAY

5

BRUNCH: Start the morning in the WeHo way by soaking up the sun with brunch and a poolside mimosa (there are plenty of hotels with swim-up bars you can visit). Our fave? The Standard (standardhotels.com) with their blue AstroTurf deck.

SNACK: Stop by Connie & Ted's (connieandteds.com) and sample New England-style seafood. Try the lobster roll or chowder; they're the standouts. After you're done dining, head to nightclub and performance space DBA (dbahollywood.com); it's the home of For The Record, a live-music show inspired by your fave movies – think Baz Luhrmann and Quentin Tarantino films.

LAST DRINKS: You can't beat Now Boarding (nowboardingla.com) for a post-show nightcap. Inspired by retro-airline style, the décor and drinks will take you back. Next up? One of WeHo's most popular LGBTQIA bars, The Abbey (theabbeyweho.com). Here you'll find everyone's up for a late-night D&M. Visit visitwesthollywood.com for more information.

Winter in summer

Keen to beat the heat during your summer holiday? Here's our chill-chasers guide to the most Insta-worthy locations on the planet.



Siberia, RUSSIA

CHILL LEVEL: 5/5

Pack your thermals because this place has one seriously cool climate. And by cool we mean the coldest on Earth. During winter, daylight lasts for three hours, so time is as precious as a cosy bar with a fireplace. In addition to its icy reputation, this Russian region is also famed for its unique animals, in particular, the majestic Siberian Tiger. Hit up a wildlife tour to get your eye-of-the-tiger on and check out more incredible Russian creatures, like black bears, musk deer, elk, moose and Siberian weasels.

MUST-SEE: Lake Baikal. Also known as 'the sacred sea', this natural wonder is the world's deepest and oldest freshwater lake, and freezes over during the colder months to become a winter playground. The glassy surface of this massive natural ice rink makes it ideal for dog-sledding, snowmobiling, ice diving and fishing. Lake Baikal is also home to an estimated 2,500 different animal species, most of which are exclusive to the Lake, like the Baikal seal, the world's only freshwater seal.

WINTER CLIMATE: Day -25°C, night -38°C.
PEAK TIME: October-March.



Precious daylight in Siberia's South Western city Novokuznetsk.



Cabin-porn game strong in Shirakawa-go.

Shirakawa-go, JAPAN

CHILL LEVEL: 2/5

Located about five hours away from the energetic capital Tokyo, Shirakawa-go is one of Japan's most remote and rustic locations. Stay in a traditional farmhouse to get a taste of the culture – and yes, that was a subtle nod to the incredible local cuisine. What better way to warm up than with a steaming bowl of ramen? The added bonus of travelling here in winter (try jetstar.com.au for cheap flights) is the nearby Shirakawago Hirase Onsen (hot spring) and Shirayumi ski area (one of the snowiest spots in Japan).

MUST-SEE: Shirakawa-go's largest village, Ogimachi Village, is a crucial visit. With 59 unique gassho zukuri 'praying hands' houses, it's no wonder this spot has been declared a UNESCO World Heritage Site. The winter light-up event sees all of the village houses illuminated by floodlights and can be viewed from the Shiroyama Viewpoint. So. Much. Beauty.

WINTER CLIMATE: Day 5.5°C, night -3.5°C.

PEAK TIME: December-March. ➡



Ring the bell at the Church of Assumption in Bled to make a wish.

New England, USA

CHILL LEVEL: 4/5

Keen to hit up the US of A but not so into the hustle and bustle of a busy mecca like NYC? Well, you can stop searching now; New England is the winter wonderland for you. The epic region encompasses six glorious states: Connecticut, Rhode Island, Massachusetts, New Hampshire, Maine and Vermont, and is the perfect combo of snowscapes and sunny skies. New England literally offers every winter activity you could possibly think of: skiing, dog-sledding, ice skating, Polar Express train rides, snowboarding and more.

MUST-SEE: Hey, you're on vacation, so there's no shame in tossing back a few. And if you love the icy cold, then you obviously have to get boozy in an ice bar. The Frost Ice Loft (frosticloft.com) in Massachusetts is made entirely of ice from the walls and the furniture to the bar itself. Room temp is set at a cosy -6°C so you'll be thankful for the gloves and parka they loan on admission.

WINTER CLIMATE: Day -3°C, night -10°C.
PEAK TIME: December–February.



Get cosy by the fireplace in Wethersfield, Connecticut.

Bled, SLOVENIA

CHILL LEVEL: 3/5

As far as off-the-tourist-traps go, Slovenia is a huge one for travellers who want a touristy, sight-seeing holiday without battling the masses. If snowboarding and skiing is your jam, go nuts on the Straža ski slope. The chair lift to the top of the mountain gives you an incredible view and once up there, you can toboggan right down to the bottom (because, childhood). If you're a hardcore alpine skier and refuse to be stuck with the amateurs, take advantage of all the nearby slopes like Vogel, Krvavec and Kranjska Gora. New to the whole skiing thing? Pokljuka is a go-to for beginners.

MUST-SEE: When you're all skied out, make sure you get some sightseeing in. The crowning jewels of this place is the breathtaking Lake Bled and the medieval Bled Castle, overlooking the sparkling water. With a breathtaking backdrop of the town and snow-capped countryside of the Gorenjska region, this a landmark made for Instagram (#nofilter, obviously). If you've got an eye for architecture or history, you'll have a blast touring the old castle (belting out songs from *Frozen* is optional, but definitely encouraged).

WINTER CLIMATE: Day 2°C, night -2°C.
PEAK TIME: November–January.



Cappadocia
has the kind
of caves you
actually want
to hang in.

Cappadocia, TURKEY

CHILL LEVEL: 1/5 ☃️❄️🌨️

Yet to cement itself as a much-talked about tourist destination, Cappadocia is an incredibly underrated spot, tucked away in the Middle East. Winter is a ripe time to visit as you'll avoid the stifling 40°C weather that summer brings. This ancient town boasts a gorgeous display of nature in all forms, such as beautifully furnished cave hotels, a huge open-air museum and a 100-metre deep gorge called Ihlara Valley. The rock formations surrounding the city become covered in powdery snow over winter, which makes for a chilly, yet impressive setting.

MUST-SEE: Visit Kaymakli, one of the only local underground cities in the area that is open to the public. A guided tour is a great way to get a deep (er, get it?) understanding of the natural history of Turkey. After journeying through the city, check out the above-ground town of Kaymakli and peruse the markets if you want to take home a Turkish souvenir.

WINTER CLIMATE: Day 12°C, night 4°C.

PEAK TIME: December–February.

Akureyri, ICELAND

CHILL LEVEL: 3/5 ☃️❄️🌨️

If you're looking to beat the crowds and have your own space to make snow angels, we prescribe Akureyri, a town known for its high mountains, idyllic ski area. Oh, and did we mention that it's a filming location for *Game Of Thrones*? Despite being Iceland's second largest urban area, Akureyri is still brimming with natural beauty, from volcanoes to green pastures to glaciers – literally, everything.

MUST-SEE: If you're a fangirl in search of Jon Snow, you're in luck – there are designated *GOT* tours that'll get you up close and personal with filming sites like the haunted forest and even the cave where Jon and Ygritte got it on for the first time. And *GOT* fan or not (yet), you'll still get a kick out of this tour as it shows you all of Akureyri's gems, including the Godafoss waterfalls and Lake Mývatn. After you're done with Westeros, make sure to set aside time to check out the Northern Lights, one of the world's most miraculous natural wonders. Winter is the best time to see them. Just make sure you don't forget to rug up.

WINTER CLIMATE: Day 2°C, night -5°C.

PEAK TIME: October–April. ☀️

Kirkjufell is the
perfect place
to catch the
Northern Lights.



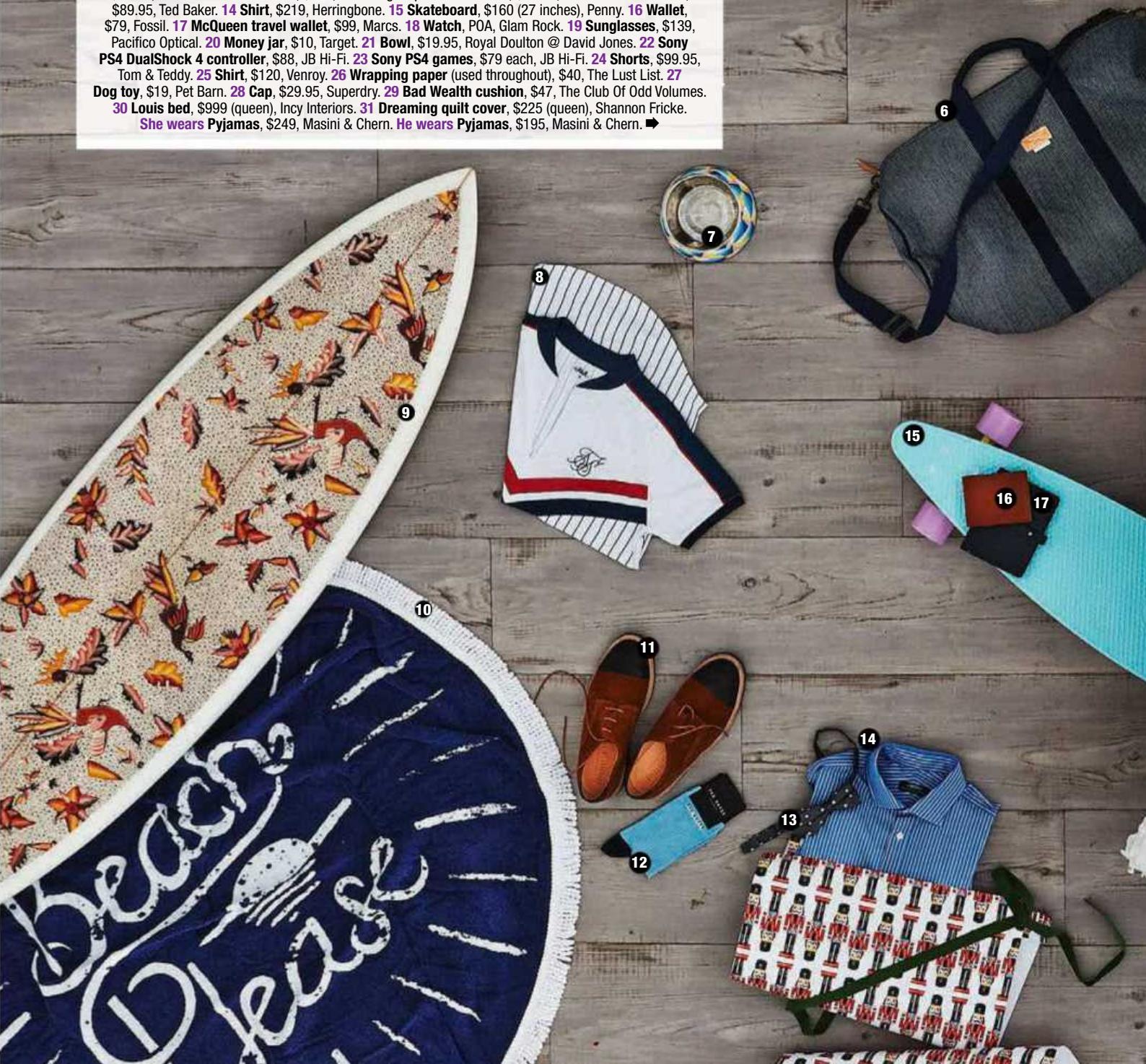
GIFTED

For the fam, your bestie, him and you,
we've got Christmas wrapped up.

**STYLING BREE PLAYER AND ALISSA THOMAS.
PHOTOGRAPHY JAMES EVANS.**

FOR YOUR BOY

1 Therapy Man Hair and Body Wash, \$19.95, **Therapy Man Face and Body Balm**, \$19.95, and **Therapy Man Shaving Cream**, \$18.95. **2** Amali table lamp, \$99, Freedom. **3 Harry Potter And The Philosopher's Stone: Illustrated Edition** by J.K. Rowling, \$59.99. **4 Roasted Chestnut Deluxe Candle**, \$255, Jo Malone. **5** Delphine side table, \$1495, Jonathan Adler @ Coco Republic. **6 Bag**, \$99.95, Country Road. **7 Dog bowl**, \$19.99, FuzzYard @ Myer. **8 Baseball tee**, \$100, SikSilk. **9 Surfboard**, \$900, Nusa Indah. **10 Beach towel**, \$84.95, Beach Bella. **11 Loafers**, \$250, Vanishing Elephant. **12 Socks**, \$32.95, Ted Baker. **13 Bowtie**, \$89.95, Ted Baker. **14 Shirt**, \$219, Herringbone. **15 Skateboard**, \$160 (27 inches), Penny. **16 Wallet**, \$79, Fossil. **17 McQueen travel wallet**, \$99, Marcs. **18 Watch**, POA, Glam Rock. **19 Sunglasses**, \$139, Pacifico Optical. **20 Money jar**, \$10, Target. **21 Bowl**, \$19.95, Royal Doulton @ David Jones. **22 Sony PS4 DualShock 4 controller**, \$88, JB Hi-Fi. **23 Sony PS4 games**, \$79 each, JB Hi-Fi. **24 Shorts**, \$99.95, Tom & Teddy. **25 Shirt**, \$120, Venroy. **26 Wrapping paper** (used throughout), \$40, The Lust List. **27 Dog toy**, \$19, Pet Barn. **28 Cap**, \$29.95, Superdry. **29 Bad Wealth cushion**, \$47, The Club Of Odd Volumes. **30 Louis bed**, \$999 (queen), Incy Interiors. **31 Dreaming quilt cover**, \$225 (queen), Shannon Fricke. **She wears Pyjamas**, \$249, Masini & Chern. **He wears Pyjamas**, \$195, Masini & Chern. ►

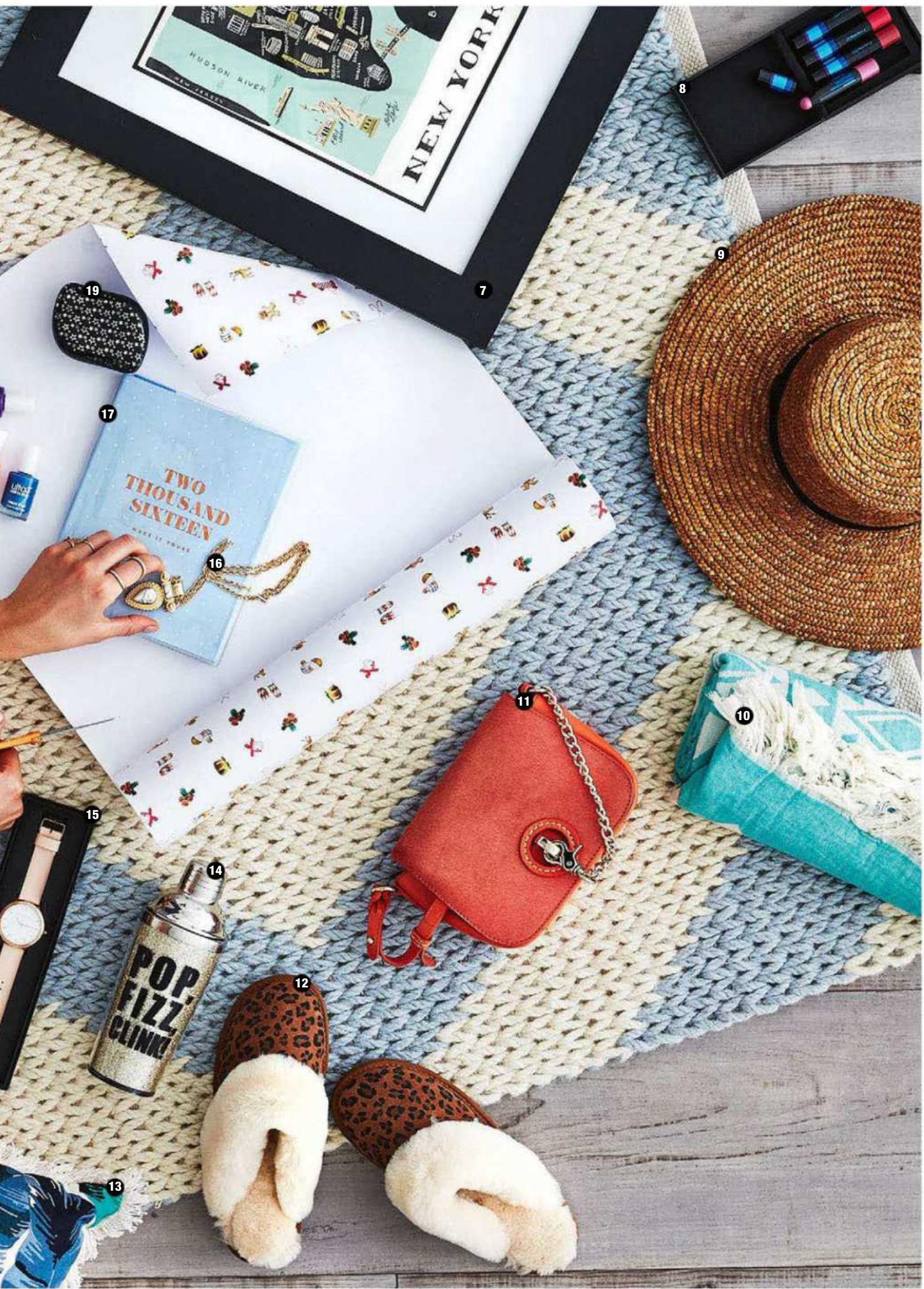




FOR YOUR BESTIE

1 Rug, \$699, Domayne. 2 Cosmetic case, \$69, Victoria's Secret. 3 Cupcake mix, \$20, Sprinkles @ Williams-Sonoma. 4 Palm Springs domino set, \$139, McKean Studio. 5 Bikini set, \$107, Triangl. 6 Macarons, \$38, Ladurée. 7 New York Art Print, \$49.95 (without frame), Rifle Paper Co @ NoteMaker. 8 MAC Patentpolish Lip Kit in Pink, \$65. 9 Hat, \$130, 66 The Label. 10 Towel, \$59.95, Knotty for Sportsgirl. 11 Handbag, \$299, Mimco. 12 Slippers, \$69.95, EMU Australia. 13 Cushion, \$20, Target. 14 Cocktail shaker, \$20, Target. 15 Watch, \$139, The Fifth Watches. 16 Necklace, \$149, Samantha Wills. 17 2016 A5 diary, \$32.95, Kikki.K. 18 Ultra 3 Gimme 5! Nail Polish Pack B, \$9.95. 19 Tangle Teezer Twinkle Compact Styler, \$34.95. She wears Top, \$159.95, Conchita. Jeans, \$199.95, Ksubi @ General Pants Co. ▶









FOR YOUR FAMILY

1 **Tote**, \$299.95, The Daily Edited. **2** **Watch**, \$199, Ice-Watch. **3** **Jumper**, \$148, Boden. **4** **Mince pies**, \$1.50 each, Woolworths. **5** **Tray**, \$129, Kate Spade @ David Jones. **6** **Luggage tag**, \$49 (for set of 2), Lanvin @ Farfetch. **7** **Teapot**, \$60, and **teacup**, \$28, T2. **8** **Hanging stars small**, \$14.95 (set of 6), and **large**, \$29.95 (set of 2), Papaya. **9** **Christmas cards**, \$7.95 each, Bespoke Letterpress. **10** **Table**, \$1,799 and **chairs**, \$599 each, Domayne. **11** **Tie**, \$99, Rhodes & Beckett. **12** **Molton Brown Blissful Bathing Gift Set for Her**, \$99. **13** **Phone case**, \$60, Ted Baker. **14** **Board shorts**, \$89.95, Treillery. **15** **Check shirt**, \$169, Herringbone. **16** **Polo tee**, \$79.95, Superdry. **17** **Scarf**, \$135, Mapoésie. **18** **2016 Diary**, \$49.95, An Organised Life (on table). **19** **Bobbi Brown Lip Color Trio**, \$99. **20** **Grown Alchemist Body Intensive Set**, \$59.95. **21** **Catch-all box**, \$49, Pottery Barn. **22** **Limited Edition Prada Luna Rossa Christmas Collector 150ml**, \$150. **23** **Maggie Beer's Summer Harvest**, \$25.50. **24** **Lattissima Coffee Machine**, \$649, Nespresso. **She wears** **Dress**, \$395, LifeWithBird. **Cuff**, \$139.95, and **ring**, \$69.95, Liberté. **Rose-gold rings**, from \$230 each, Alex Monroe. **Aqua stone ring** (worn throughout), \$220, Samantha Wills. ▶





FOR YOU

1 Chair, \$1975, Coco Republic. **2** Kit Cosmetics The Little Black Dress Palette, \$45. **3** Sunglasses, \$277, Karen Walker Eyewear. **4** Tarte Stroke Of Midnight Brush Set & Travel Case, \$59. **5** 2016 diary, \$150, Papier D'Amour. **6** Choker, \$199, Mimco. **7** Chloé EDT, 75ml, \$170. **8** Coco Chanel by Megan Hess, \$29.95. **9** Pouches, \$89.95 each, The Daily Edited. **10** Jeans, \$260, Frame Denim @ Order Of Style. **11** Beats by Dr Dre, \$399.95, Apple. **12** Colouring Book, \$19.99, Typo. **13** Bag, \$436, Benah for Karen Walker. **14** Pyjama top, \$39, and pants, \$49, Kip & Co. **15** Bikini, \$275, Zimmermann. **16** Philosophy Amazing Grace Layering Set (also includes EDP), \$70. **17** Ballet flats, \$330, Pretty Ballerinas. **18** Bra, \$39, Collette Dinnigan for Target. **19** Champagne, \$54.95, Laurent-Perrier @ Dan Murphy's. **20** Cow hide rug, \$399.95, Zohi Interiors. **She wears** Playsuit, \$360, Alice McCall. Heels, \$199.95, Wittner. **He wears** Shirt, \$179, Saba. Pants, \$59.95, Staple Superior @ The Iconic. Watch, \$799, Apple. Loafers, \$250, Vanishing Elephant.

Happy holidays!

Want to mix it up this year?
Serve the fam this tasty
vegetarian festive feast
from chef Teresa Cutter.





Superfood trail mix

PREP TIME 5 MINUTES • SERVES 14

You'll need:

- 1 cup oven-roasted almonds
- 1 cup raw Brazil nuts
- 1 cup pumpkin seeds
- 1 cup dried goji berries
- 1 cup cranberries
- 50g organic dark chocolate (70-85%)
- 1 cup flaked coconut

To make:

- 1 Combine all the ingredients and store in an airtight container in the fridge.
- 2 Serve as a munch mix for your friends, make into gifts or enjoy as a healthy snack.



Green Christmas punch

PREP TIME 5 MINUTES • SERVES 6

This juice is perfect on a balmy day. Eaten a little too much? The kiwifruit and apple are great for digestive health.

You'll need:

- 4 green apples
- 4 kiwifruit
- A few mint sprigs
- 500ml coconut water, chilled

To make:

- 1 Put the apples, kiwifruit and mint through a juicer.
- 2 Combine with the coconut water. ►

Zucchini noodles with green peas, baby spinach and Persian feta

TOTAL TIME 20 MINS • SERVES 4

You'll need:

4-6 medium zucchini
200g green peas, blanched for 1 min in boiling water and drained
1 x 400g can chickpeas, drained
100g baby spinach leaves
50g Persian feta

Herb dressing

1 bunch parsley, roughly chopped
1 bunch mint, roughly chopped
½ cup cold-pressed olive oil
Juice from half a lemon
Sea salt and pepper, to taste

To make:

- 1 For the dressing, place all of the ingredients into a blender and blend until smooth. Adjust the seasoning to your taste and store in a glass jar in the fridge until needed.
- 2 Slice the zucchini into either ribbons or noodles using a vegetable peeler or mandoline.
- 3 Heat a large pan over a medium heat. Add the zucchini, peas and chickpeas, then heat through for a few seconds, tossing occasionally.
- 4 Add 2 tablespoons of dressing and mix through. Add the baby spinach and toss through at the very end.
- 5 Serve on a platter and top with feta and extra fresh herbs to garnish.



TERESA CUTTER

is a chef, nutritionist and fitness trainer. For more recipes, check out her latest book, *Purely Delicious*, available exclusively on thehealthychef.com (\$18.99 eBook, \$69.95 hard cover).



Cinnamon roasted sweet potato

TOTAL TIME 45 MINS • SERVES 6

You'll need:

500g sweet potato,
cut into thin wedges
1 tbsp olive oil
Pinch sea salt
1 heaped tsp ground cinnamon

To make:

- 1 Preheat oven to 200°C. Combine ingredients to cover wedges in the seasoning. Add more oil if needed.
- 2 Arrange onto a baking tray lined with baking paper. Spread wedges out into a single layer so they roast properly. Bake for 40 minutes or until golden. Top with herbs and serve.



Green garden salad with figs and pomegranate

PREP TIME 15 MINS • SERVES 4

You'll need:

150g baby spinach leaves
80g micro-green salad mix
(or other green sprouts)
4 figs, cut in half
1 pomegranate

Pomegranate dressing

3 tbsp pomegranate molasses
1 orange, juiced
100ml cold-pressed olive
oil or flaxseed oil

To make:

- 1 For the dressing, combine all of the ingredients.
- 2 Toss spinach and salad mix in a large serving bowl. Arrange the figs and scatter over the pomegranate jewels.
- 3 Serve with dressing on top.



No-bake Christmas puddings with mango coconut custard

TOTAL TIME 10-15 MINS • SERVES 6

You'll need:

225g fresh pitted dates
Zest and juice from 1 orange
250g organic dried apricots, chopped
1 cup almond meal/ground almonds
1 tsp vanilla bean paste or seeds
from fresh vanilla pod
1 tsp ground cinnamon
1 tsp ground nutmeg
1 tsp ground ginger
80g white chocolate

Mango coconut custard

1 mango, chopped
1 cup coconut milk
Juice from half an orange

To make:

- 1 For the custard, place the ingredients into a blender and blend until smooth.
- 2 Combine dates, orange zest, apricots,

almond meal, vanilla paste, cinnamon, nutmeg and ginger in a food processor. Process until it looks like fine crumbs.

3 Spoon into a bowl and add half the orange juice, mix, and then add the second half of the juice. The pudding mix should come together in the hands when lightly squeezed.

4 Divide into 6 small puddings. Line the base of your mould with clear wrap and firmly press the pudding mixture into it. Invert the pudding and remove the wrap. Repeat until all the puddings are formed.

5 Melt chocolate in a small bowl over a simmering pot of water. Spoon over tops of the puddings and garnish. Arrange on to a serving plate and set aside.

6 Serve pudding with cold custard, or heat in microwave for 1 minute until warmed through. Store this dessert in the fridge for up to two weeks. ☕



HOROSCOPES

Astrologer **Yasmin Boland** presents your December stars, and we've found the perfect party season bling to match.



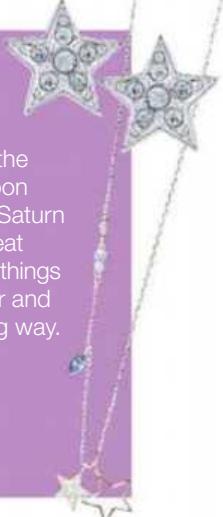
Best day to... breathe through all of the silly-season madness

Sagittarius

Nov 23-Dec 21

Here comes your glory time of the year, when you get the new moon in your sign and birthday. With Saturn close to you too, you're in a great position to learn about the finer things in life. Day by day, you feel older and wiser in a really good, stabilising way.
***December 4.**

It's your birthday, and you should sparkle. **Necklace** and **earrings**, \$179 (for set), Swarovski.



Capricorn

Dec 22-Jan 20

The more you try to control your fears and work out where they came from, the happier you'll be now and in the coming years. This December, work and home can get hectic so try to put things into perspective.
***December 6.**

New 'tude, new jewels. **Choker**, \$259, and **bangle**, \$189, Samantha Wills.

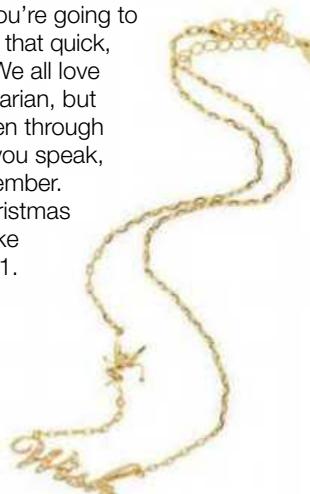


Aquarius

Jan 21-Feb 19

This month, it's likely you're going to be constantly watching that quick, acid tongue of yours. We all love honesty from you, Aquarian, but as much as you've been through this year, think before you speak, especially in early December. Be reasonable and Christmas could be amazing. Make a wish on December 11.
***December 10.**

To up your lucky vibes, you need some magical jewellery. **Necklace**, \$65, Disney Couture.



Pisces

Feb 20-Mar 20

There's a new moon in your career zone this December and some wild cosmic action in terms of money. So, just because 2015 is almost over, don't take your foot off your ambition pedal. Keep chasing your professional or study dreams and you could catch them.

*December 4.

Dream big with this sweet keepsake. **Necklace**, \$223, Alex Monroe.



Aries

Mar 21-Apr 20

We're not going to lie to you, there are some intense astro energies around. But, it's all the better for you to take hold of any scattered emotions and end 2015 an even better person than you started it. At work and when it comes to love, get your Zen on, unless you want fireworks (and not the good kind). Good news: things settle down by Christmas Day.

*December 6.

Let these pieces be a reminder to stay chill. **Bracelets**, \$90 each, Code Love.



Taurus

Apr 21-May 21

Daily life might be a tad overwhelming as your career is getting the full brunt of end-of-year deadlines and duties. The best thing to do is check in with yourself. Are you turning into a workaholic? If so, it might be time to readjust your priorities and live a little. In your personal life, it's hopefully a different story.

The stars have got some great moments coming up for you.

*December 5.

Offload stress in style. **Earrings**, \$99.95, Liberté.



Gemini

May 22-Jun 22

This month brings with it a reminder not to take love or life too seriously. A new moon impacts on your relationships, while sex planet Mars is close by too. However, while you do still have to work at the love stuff, don't let anyone suck out the fun.

*December 21.

Flirty and fun is the theme of the month, just like this piece. **Necklace**, \$399, Michael Hill.



Virgo

Aug 24-Sep 23

You may feel a bit short of cash this month, but don't get angry over it; be proactive about what you want to do to increase your abundance, and evolve with the changing times. At home, there are also some big lessons to be learned. Make sure to take them on board and then the future will be much more stable.

*December 21.

These dangling dazzlers make for a wise choice to spend your cash. **Earrings**, \$30, Kookai.



Cancer

Jun 24-Jul 23

You want to end the year feeling fresh, so don't let your fiery streak get the better of you! If you feel down, especially in the first week of December, breathe. Don't unleash the beast, no matter how justified it feels at the time. Find ways to express yourself rationally.

*December 6.

Keep things simple with this gem. **Necklace**, \$240, Au Revoir Les Filles.



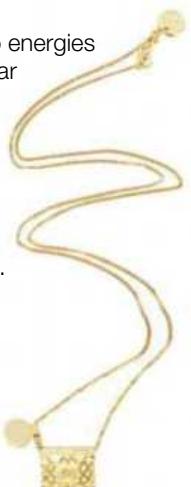
Libra

Sep 24-Oct 23

There are some strong astro energies zipping in and out of your star sign's love zone – embrace it. For Librans, the charm of your personality comes naturally. 'Tis the season of giving, after all, so be nice to others even if they're being pains in the proverbial. Stand up for yourself, but kill them with kindness.

*December 6.

Who says charm needs to be contained in your personality? **Necklace**, \$125, EMELLI.



Leo

Jul 24-Aug 23

Tread carefully this month as there is quite a lot of drama in the air for you right now. And with Christmas around the corner, you don't need all that extra stress. With angry Mars trying to affect your communication, try not to let the temptation of finally telling that friend or colleague what you really think of them.

Hey, just be cool, calm and collected.

*December 14.

At least your earrings can still be fierce. **Earrings**, \$69.95, Nat Kent.



Scorpio

Oct 24-Nov 22

Use this time to really focus on the most important person in your life... you! For too long you've been making sure that inner-critic is loud and clear, so tell her she needs to pipe down. Now it's time to remember your own personal magnificence. Do this and life will look a bit brighter, and you will find some proper inner-peace.

*December 6.

These beauties will bring out your true self. **Earrings**, \$89, Disney Couture.





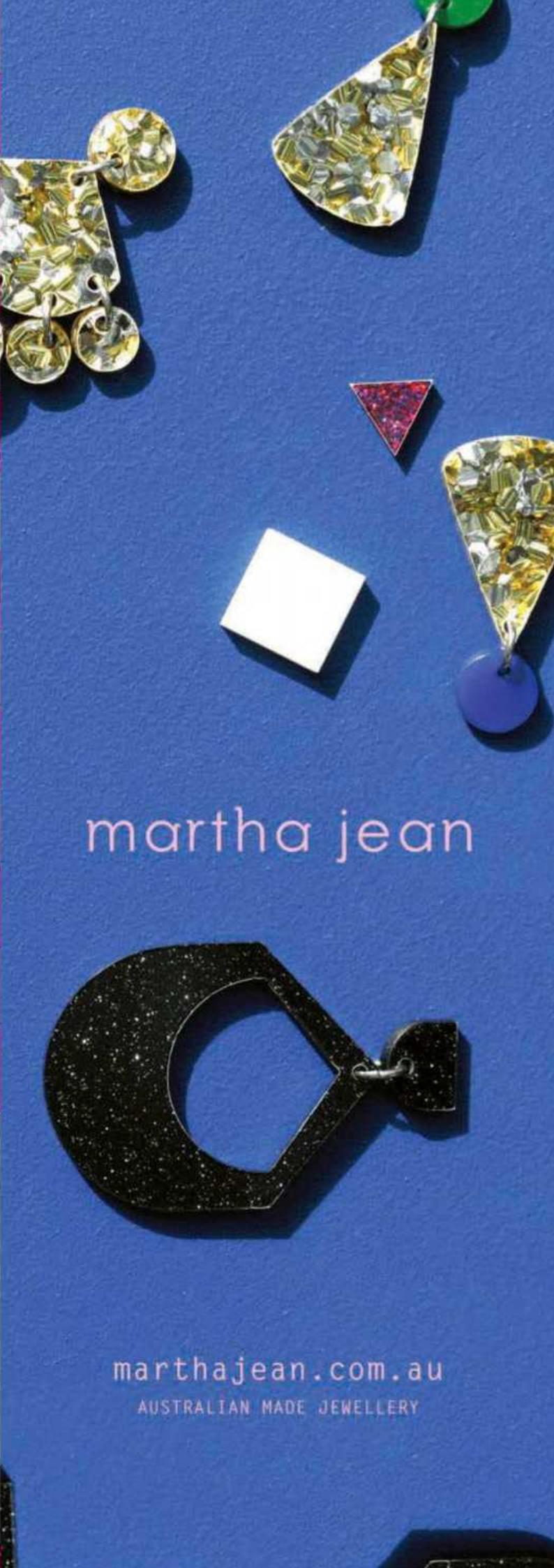
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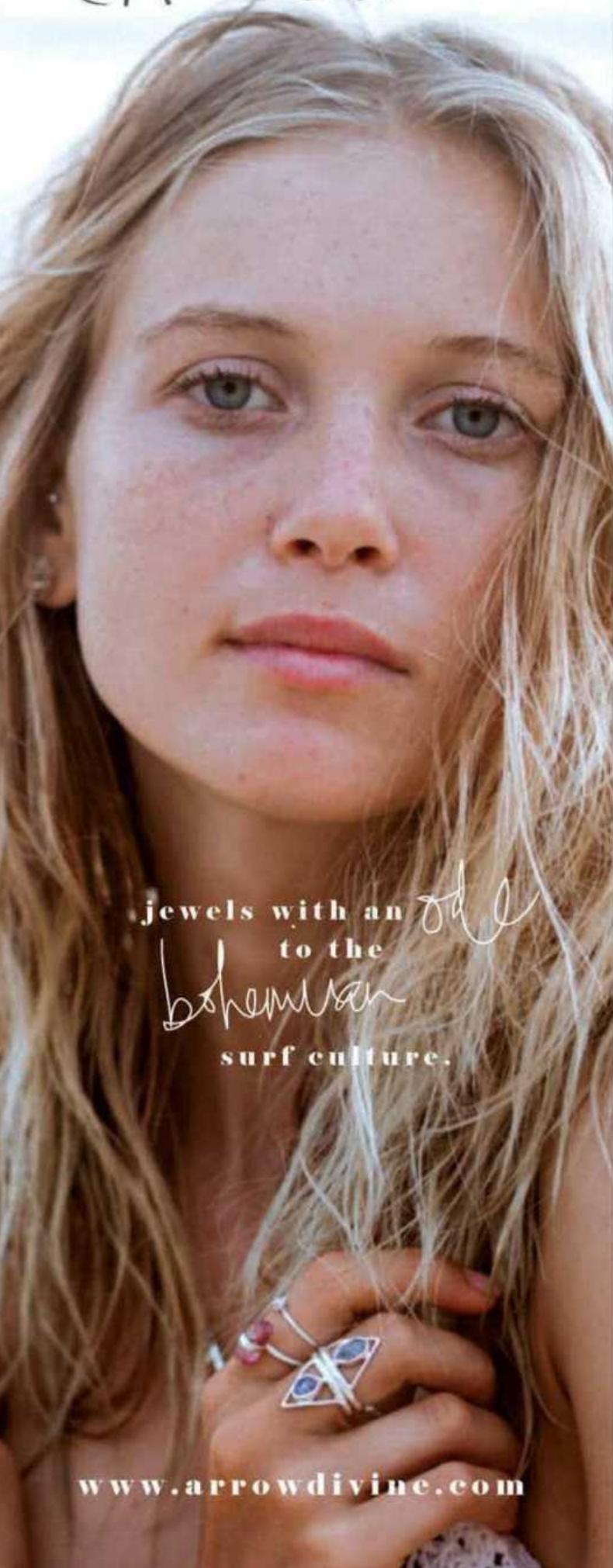


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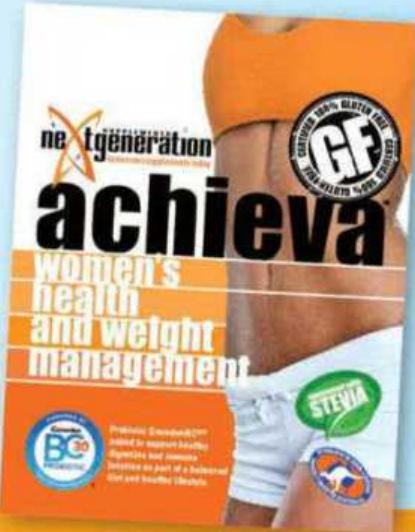
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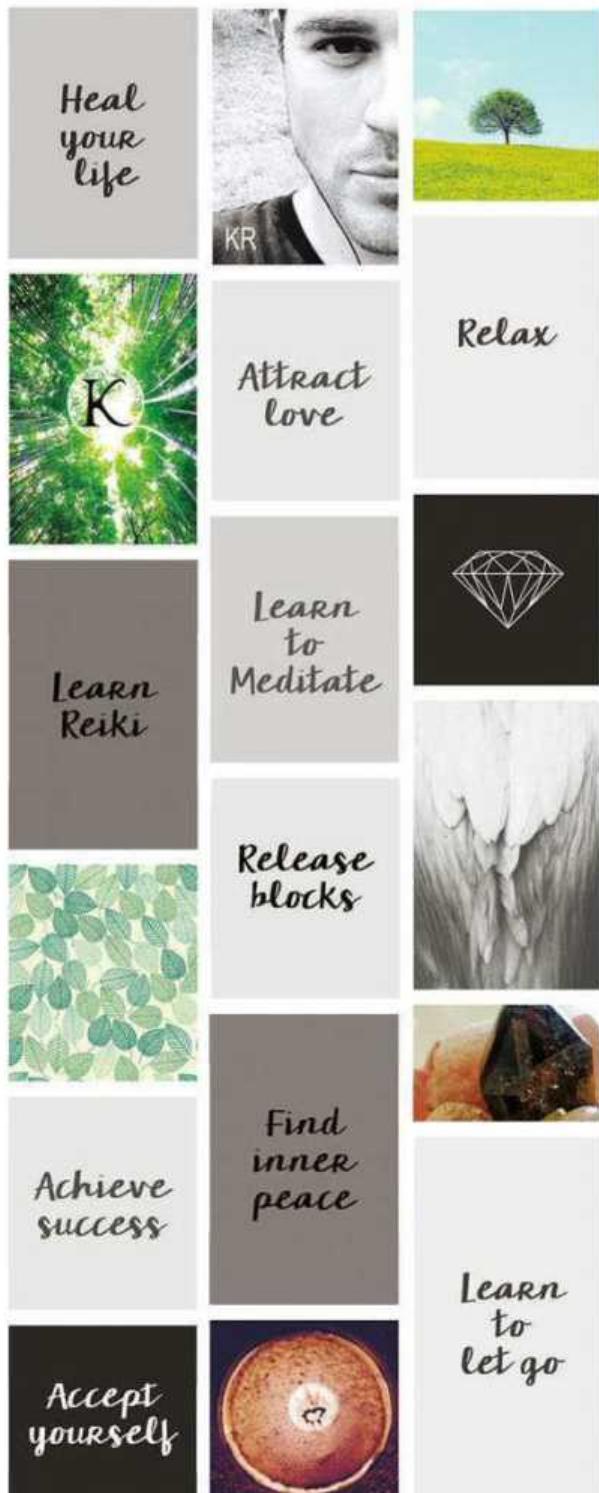
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You've done a few drunken wees in your room on the show...

"One time, the lads told me, 'You pissed in your suitcase.' All my dirty washing was on one side, my clean washing was out on the other, and I pissed in the clean washing. The second time, I weed in the bin. My mum said, 'Why you pissing everywhere?' But at least I get out of bed!"

Weirdest place you've had sex?

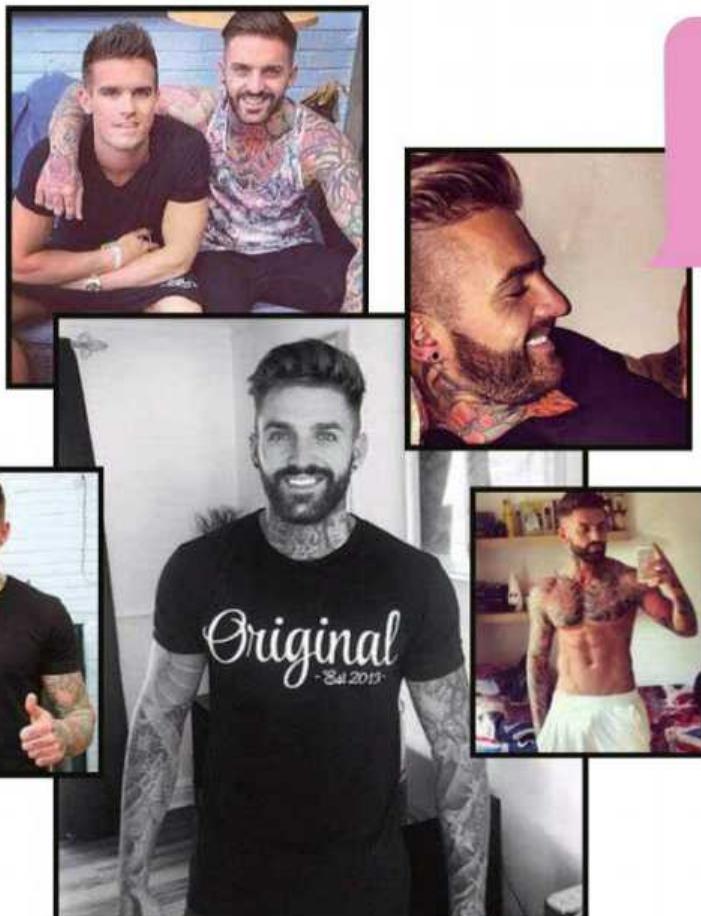
"Bottom of the church steps."

What's the worst way you've been hit on by a girl?

"They manhandle you. In Tasmania, girls will literally just grab and kiss you. You've got no idea how bad some of them are. And I'm not complaining. Girls are just as bad as boys these days."

Is the topknot coming back this season?

"Never, ever is that coming back. I wish somebody had told me at the time how bad it looked. I don't know what I was thinking."



AWKWARD QUESTIONS

Aaron Chalmers

For the *Geordie Shore* crew, not much is off limits – proven when we got up close and personal with this tatted-up hottie.

Have you ever been caught in the act?

"Yeah, loads. Mum, Dad, brother. I'd rather be caught by my mum and dad than the girl's mum and dad. I probably wouldn't be sitting right here now if that was the case."

Do you have a trademark bedroom move?

"[Laughs] Well, I've been told I'm good with my tongue."

Shag, marry, avoid: Charlotte, Marnie or Holly?

"Shag Marnie... Ahhh, this is so bad. Marry Charlotte, avoid Holly. That was rough."



Be honest, do the boys always take longer to get ready than the girls do?

"[Laughs] Sometimes. It depends. If the girls wash their hair, then they'll take longer, but me and the boys are up there. Scott and Kyle can be a bit of a nightmare with all the make-up they put on."

What's a fool-proof way to pick up a girl?

"Never ever use a chat-up line. I just talk to them and never lie. Just be yourself."

What's the grossest thing you've seen in the *Geordie* house?

"Marnie's side cabinet. When she's pissed, she eats cold soup out of a tin. So it was in her side cabinet and it was covered with mould. It knocked me sick. It seriously must have been there for weeks."

Do you ever watch yourself in some of the old episodes?

"I watched one and I can't do it anymore. I just can't ever watch myself. I noticed how high-pitched my voice was. It's because when I started, I used to get really nervous. And [my voice] was just f*cking getting higher and higher."

What's your favourite drunken snack?

"Kebab, by far. Or a digestive biscuit with cream cheese and jam. It's like cheesecake. You won't be able to have just one, you'll have about six. Last time me and Gaz ate the whole packet in one hit."

Season 11 of *Geordie Shore* is currently airing on MTV.

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